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INDIAN DOMESTIC ECONOMY  
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# INDIAN DOMESTIC ECONOMY

AND

RECEIPT BOOK,  
WITH HINDUSTANEE ROMANIZED NAMES;

COMPRISING

NUMEROUS DIRECTIONS FOR PLAIN WHOLESOME COOKERY, BOTH  
ORIENTAL AND ENGLISH; WITH MUCH MISCELLANEOUS  
MATTER, ANSWERING ALL GENERAL  
PURPOSES OF REFERENCE

CONNECTED WITH

HOUSEHOLD AFFAIRS LIKELY TO BE IMMEDIATELY REQUIRED BY  
FAMILIES, MESSES, AND PRIVATE INDIVIDUALS RESIDING  
AT THE PRESIDENCIES OR OUT-STATIONS.

BY DR. R. RIDDELL,

AUTHOR OF "MANUAL OF GARDENING FOR WESTERN INDIA."

EIGHTH EDITION—REVISED.

CALCUTTA:

THACKER, SPINK, AND CO.

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## *PREFACE TO THE SEVENTH EDITION.*

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IN bringing out another edition of this book, the Publishers beg to express their regret that the work should have been so long out of print. The delay, however, was caused by the death of the lamented author, Dr. Riddell, who for many years held a high appointment in the Nizam's service, and who, during a long Indian career, devoted himself to the study of Cookery and Domestic Economy, so that his book has been found invaluable in every household. The work was originally published at Madras, but soon became known in all three Presidencies ; and as the demand for it has increased every year, the Publishers have now the pleasure of bringing out the SEVENTH EDITION in a more popular and useful form. This edition has been passed through the press and carefully revised by a gentleman who has had long experience in this country. He has added to all the receipts their Indian names, to enable newcomers to explain to their servants the dishes they wish

them to prepare. The tables of bazar prices have been cut out, as they were found perfectly useless in consequence of the fluctuations so constantly taking place.

With these few remarks, the Publishers leave the public to judge of the merits of the work.

CALCUTTA, *June* 1871.

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*THE EIGHTH EDITION*

has been carefully reprinted from the last edition, which was specially prepared.

*September*, 1877.

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# CHAPTER I.

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## REMARKS ON THE CHOICE OF SERVANTS.

THE misdeeds of Indian servants appear to be a general and unfailing source of complaint amongst all, whether we take the new-comer on his arrival, or the long resident, without reference to any particular place; the complaint of them is universal—laziness, dishonesty, falsehood, with a host of other vices, seem to be inherent in them. This need hardly be wondered at, when we consider the way in which they are brought up—taught from their earliest infancy to look for employment only in the particular calling of their parent, or the guardian by whom they have been adopted. Nor is the fault wholly on their side, much that is complained of originates with the master and is owing to him. In the first place, taking a servant merely on the recommendation of a written character, without any endeavour to ascertain whether the bearer is the person alluded to, or how he became possessed of it. In most cases these characters are borrowed; in many they are written for the occasion by a class of persons who earn their bread by writing characters for any applicant who will give them a few annas, or agree to pay a percentage should he succeed in getting the place. So sudden and frequent are the changes in India, that a master or mistress has seldom an opportunity of making any personal inquiry, and is often led to overlook this precaution: all this causes a fruitful source of mischief to domestic economy.

Then, again, persons are not sufficiently careful in giving characters. How often it happens that a master or mistress,

when turning away a servant, gives him, from false kindness, a better character than he deserves, suppressing the real cause of his being sent away ; and at the same time mentioning a period of service sufficiently long to be of itself a recommendation, and almost a guarantee, of his trustworthiness and usefulness, whereas they know the contrary to be the case.

As a remedy against the mischievous evil of genuine certificates of character, gained for really good and honest services, being used by imposters, no certificate should be given, without a brief descriptive roll, setting forth some particulars, as to age, height, personal appearance, condition, peculiarity of manner, mark, &c., to identify the holder with it.

Some servants there are who enter your family simply to see what they can lay their hands upon, taking themselves off the first convenient opportunity.

Others there are who take advantage of the advance of pay, usually given in setting out on a journey, to enable the servant to leave a small sum with his family or relations, and to provide himself with necessaries : they thus get a month's or more advance of pay, and, in nine cases out of ten, when the traveller starts, the servant is nowhere to be found, or slips away after the first day or two.

The best way to prevent this, is to make your head servant (if you cannot do so) go to the Police Office, and have their names and agreements registered ; it will afford an opportunity for detection, should they be old offenders, as the Police have better means of making inquiries than you can possibly have. This clearly shows what an advantage an office for registry would be, where the honest and well-disposed servant could be heard of, when he would be sure to find a place.

On the other hand, servants have too often just cause for leaving their places suddenly, the slightest fault of a native



servant being often visited with blows and such abuse as no respectable man will bear, very often too for no other fault than that of not understanding what the master has said, who has given his directions in some unintelligible stuff, from ignorance of the language, that no one could understand.

The races of servants are very different at the three Presidencies ; at Bombay there is a large proportion of Native Portuguese, Parsees, Mussulmans, and Hindoos, besides Eurasians ; at Madras, Native Christians take the place of Parsees at Bombay ; and at Calcutta there is a mixture of every caste and grade in India. There are some amongst these who speak English, and who generally bear but very indifferent characters.

## BOMBAY.

A Butler, whether Portuguese, Parsee, or Mussulman, per mensem, from . . . . .	Rs. 10 to 30
A Table Servant (seldom more) . . . . .	6 „ 10
Cook . . . . .	7 „ 30
Assistant, only in large establishments . . . . .	4 „ 6
Washerman or Dhobee, according to family . . . . .	7 „ 25
Tailor . . . . .	7 „ 15
Ayah . . . . .	8 „ 20
Wet Nurse, Amah, or Dhye . . . . .	7 „ 30
Mussalchee or House Hammal . . . . .	8 „ 9
Bheestee, with Mussuck . . . . .	8 „ 10
Bheestee, with Bullock . . . . .	10 „ 15
Coachman . . . . .	10 „ 25
Groom or Ghorawallah or Syce . . . . .	7 „ 9
Grass-cutter, only used up the country . . . . .	4 „ 5
Sweeper or Totee . . . . .	3 „ 5
Peon, Seapoy, or Puttawallah . . . . .	7 „ 10
Hammal . . . . .	8 „ 9
Barber . . . . .	2 „ 3
Farrier (Shoeing all round) . . . . .	1½

## BENGAL.

A Sircar or Accountant . . . . .	Rs. 10 to 60
A Butler or Khansamah . . . . .	8 „ 16
A Table Servant or Kitmutgar . . . . .	6 „ 8
A Mussaljee, one who washes plates, dishes, &c. . . . .	5 „ 10
Sirdar Bearer . . . . .	6 „ 8

Mate Bearer . . . . .	Rs. 5 to 7
Washerman or Dhobee . . . . .	4 „ 14
Bheestee or Water-carrier . . . . .	5 „ 10
Cook or Bawurehee . . . . .	6 „ 30
Sweeper or Mehtur . . . . .	3 „ 4
Messenger, Hurkara, or Chuprassee . . . . .	5 „ 6
Durwan or Doorkeeper . . . . .	5 „ 6
Tailor or Durzee . . . . .	5 „ 8
Coachman . . . . .	8 „ 16
Horse-keeper or Syce . . . . .	5 „ 6
Grass-cutter or Ghaswallah . . . . .	4 „ 5
Elephant Driver or Mahout . . . . .	8 „ 16
Assistant to ditto, or Cooly . . . . .	3 „ 5
Camelman or Ountwallah . . . . .	3 „ 5
Gardener or Malee . . . . .	3 „ 6
Shepherd, B'herewalla . . . . .	3 „ 4
Water-cooler, or Abdar . . . . .	5 „ 8
Tent Pitcher, Lasear, or Khalasee . . . . .	3 „ 5
Hooka attendant or Hookabardar . . . . .	6 „ 8

## FEMALE SERVANTS.

Ayah or Waiting-woman . . . . .	Rs. 5 to 12
Dhye or Wet Nurse . . . . .	6 „ 12
Ladies' Tailor, 1st class . . . . .	10
Ditto, 2nd ditto . . . . .	6
Washerman . . . . .	6 „ 10
Sweeperess or Mehtranee . . . . .	4

## MADRAS.

Butler, per mensem, from . . . . .	Rs. 10 to 21
Ordinary Servants . . . . .	7 „ 10
Boys . . . . .	5 „ 7
Cooks . . . . .	7 „ 20
Under ditto . . . . .	3
Waterwoman . . . . .	3 „ 4
Coachman . . . . .	10 „ 15
Horse-keeper . . . . .	5 „ 7
Grass-cutter . . . . .	3½ „ 4
Gardener . . . . .	4 „ 7
Cowman . . . . .	5 „ 7
Water-carrier . . . . .	4 „ 6
Ayahs. . . . .	10 „ 17
Under ditto . . . . .	5 „ 8
Punkah Puller . . . . .	5

## HYDERABAD.

MUSSULMANS.		HINDOOS.	
Khansamah or Butler .	12 to 20	5. Matie . . . .	6 to 7
1. Jemadar of Servants .	12 „ 15	6. Mussalchee or Barber .	4 „ 7
Kitmutgar or Table		Dhobee . . . .	6 „ 8
Servant . . . .	7 „ 10	Syce . . . .	7
2. Dressing Boy . . . .	7 „ 10	Grass-cutter . . . .	4 „ 6
Abdar or Water-cooler.	8 „ 12	Bearer . . . .	7
Hookabardar . . . .	12	Head Bearer . . . .	8
3. Furrash or Lascar . . . .	7	Malee . . . .	5 „ 8
Mether or Sweeper . . . .	3 „ 6	Cooley Woman. . . .	2 „ 3
4. Chuprassee or Jewan . . . .	5 „ 7	7. Cook . . . .	10 „ 20
Mahout or Elephant		Tailor . . . .	7 „ 12
Driver . . . .	12	Ayah . . . .	7 „ 15
Assistant to ditto . . . .	6 „ 7	Amah . . . .	8 „ 12
Bheestee or Puckalee . . . .	7 „ 8		

In engaging with an Ayah who speaks English, as is mostly the case with the Indo-Portuguese, it is necessary to be very particular in your agreements as to the amount of your wages, and also whether they expect food to be found them, as their demand at first will generally be made without reference to the latter, and at as high a rate as they can venture to ask, in consequence of their attainments being beyond those of most Mussulman and Hindoo Ayahs, who can only assist in dressing a lady ; whereas most of the first-class Indo-Portuguese dress hair, wash laces, silk stockings, &c., and, in some few instances, can use their needles, for all of which they of course expect to be better paid. The wages of an Ayah will greatly depend upon the duties she undertakes, and those who perform the menial offices, which some do, are on the lowest pay.

The Wet Nurses or Dhyses are generally only procurable from the lower classes, and are very obstinate as to their rules of diet. The greatest trouble arises in getting them to restrict themselves to proper food ; they are prone to indulge in liquor, opium, tobacco, pawn-suparce, &c. ; they are perfectly careless of any regularity as to their state of health, and require great watching. Previous to engaging they make the most exorbitant demands, which from necessity

you are often compelled to comply with. Besides their wages it is usual to find them in food and clothes.

All classes of servants are engaged by the month, though not always paid at the expiration of it, and it is usual to keep them in arrears until the middle of the following month, as some check upon their behaviour, and to prevent their withdrawing themselves without notice, as they subject themselves to the loss of a month's pay if they quit of their own free-will or without giving a proper warning.

The law, however, in respect to forfeiture of pay, has, by a recent ruling of the Court, been construed to mean that a monthly servant forfeits pay simply for any broken period of a month, should he quit before the completion of *that* month without giving 15 days' previous notice of his intention to do so.

In some houses, besides the Khansamah or Butler, whose province appears to be merely superintending the concerns of the table and of the servants attached to it, a sort of Jemadar of servants is also kept up, who takes charge of the purse and of all the out-of-door servants, pays all the expenses,—in fact, superintends the household concerns in general. He is usually a Mussulman, but sometimes of another class, answering in some degree to the Sircar in Calcutta. Very frequently, instead of a regular servant for the toilet, a Hindoo of the Bearer class is employed, and it seems the better plan; for, being a dressing servant, he is in general too great a man to assist in carrying the palan-keen: he yet keeps up with it, and is always therefore at hand. If the Bearer be a Mussulman, he is made sometimes to wait also at table.

Palkee-bearers now-a-days are not domestic servants. The introduction of hackney carriages at cheap rates of fare have superseded to a considerable extent the use of palkees. Palkees and palkee-bearers, like hackney coaches, are hired either for the day or for one or more hours only as required.

A Furrash is necessary only in large establishments as helpmates to the bearers to assist in dusting carpets, cleaning furniture, preparing lights, &c. In the mofussil, however, they may be turned to other account.

A Chuprassee, or peon, may be either Mussulman or Hindoo, as frequently one as the other. The distinction between the Chuprassee and Jewan, or Durwan, is that the latter, besides being a messenger and attending his master in his journeys about, is employed also in guarding his house; the Chuprassee's badge is his external sign, the Jewan or Durwan has it not.

Matie or Kitmutgar is invariably a Mussulman, and is assistant to the table servant or Khansamah.

Mussalchce.—The term means toreh-bearer, whose primitive duty in years gone by was to precede his master's conveyance, with a hand-lantern, whenever his master went out at night, adapting his speed to that of the conveyance he was lighting on its way; but of late years the duties of the Mussalchce are confined for the most part to washing plates and dishes, cleaning knives, plate, &c., running errands to the Bazar, the Iee house, &c., a sort of *factotum*.

The Cook is usually a Native Christian of the lowest caste of Hindoos from Madras or the Coast; sometimes they are Mussulmans, who as a rule are not good Cooks, but seldom in any proportion to the former.

The Bearers are a hard-working and very trusty class of people; you may leave articles of any value with them with perfect safety, only making it over to their charge, whether Hindoos or Mussulmans. Indeed this may be said to be the case with most classes of native servants who are well treated; and if a fair estimate and allowance is made, it will generally be found that there is more reason to praise than complain of them. Entrust money, jewels, clothes, &c., in fact anything, to their charge, and you will find them usually faithful only as far as their masters are concerned,

but will rob their master's friend or visitor, being above suspicion. They will for years treasure up the smallest rags for you, though now and then you will see them appropriating articles they have thought forgotten by their masters, from their never having been asked for; and if they can profit in any way from their intermedium in purchasing for you, you will find they will generally cheat you in over demands in some slight way or other. Should you become poor, they will drop even this in a very great degree or totally. In sickness they will take the greatest care of you, doing for you services that a European seldom ever will. In marching, at all seasons and all weather, they will go long distances, without grumbling; cook for you, put their hands to pitching tents, loading, and at all times do work extra to their own duty. They are in general sensitive of and grateful for kindness, and become active and zealous therefrom.

Their principal vice, besides what I have already given, is an intolerable habit of lying. In the way of tea, sugar, bread, milk, paper, and such like articles, they will frequently, like European servants, appropriate a little for themselves. You will sometimes find cases of ingratitude, but if you treat them kindly, you will not find these frequent. They will conceal in general the petty thefts and cheatings of one another from their master, but when any one has been detected by him, all are ready to come forward and tell against the offender. Cunning and double-dealing characterise the native and are some of his principal faults. Curiosity also is another of his peculiarities: if you send a man with a note or message he is sure to be asked by all he meets where he is going, and on what business, if he knows. They also endeavour to find out all that concerns you, whether you are an influential person or in any way a leading character, and are guided accordingly. I think that you have only to treat natives well and kindly, and they will generally prove good servants to you. Sympathise in their griefs and joys with



the smallest words of kindness, speak kindly to them, and oblige them when you can, and they will serve you well, and will not refuse to execute any sort of work how extraneous soever from their regular duties. On the contrary, if a master or mistress is always finding fault with servants for the most trifling omission of duty, having them beaten, and stopping from their pay the value of an article broken by accident, the native naturally becomes discontented and careless to please, knowing he can but be sent away, with a chance of getting a much more humane and even-tempered employer.

They are often turned off without being paid their wages upon the alleged score of insolence ; this being assigned as the reason when a master loses his temper and ill-treats a servant, without cause, for appearing stupid or awkward. It is necessary if you desire to retain and attach your servants to you to act justly by them, make them fully understand what you desire to be done and see that it is done ; and if a servant has committed a fault, or destroyed your property in a wanton manner, do not, if you can help it, punish him yourself, but refer the case, where you have the means, to the decision of public authority, or give him his discharge at once. Encourage a servant to come and confess his faults, showing perhaps that he has broken an article, then refrain from blows, abuse, and stopping his pay, which seldom at any time is very high owing to the small sum required for a native to live upon, and if reduced by stoppages falls heavily upon him, and arouses his natural cunning to make it up most assuredly at your expense, and induces him in future to hide by every means in his power any fault he may afterwards commit.

In having mentioned the particular duties of each servant, I do not wish it to be understood that they need be confined to one particular department, as was almost generally the case formerly in the upper parts of India, though not so



much at the Presidencies of Madras and Bombay ; for where circumstances require that a few servants are only kept in the establishment, the duties of two or three may be carried on by one with a little management, as is indeed generally practised. The Cook may attend the market early of a morning and purchase the supplies for the day ; but here it is essentially necessary, to prevent disappointment as well as to insure comfort, that the proper orders for all that is required be given over night, as after seven or eight o'clock nothing but the refuse of meat, &c., is procurable : this duty, though coming more immediately under the province of the head servant, may, where economy is the object, be, as has been stated, entrusted to the Cook or a Khansamah.

The head servant may act as butler, attend the table, look after the plate, and, as is often the case, superintend the making of, if not make himself the pastry and sweetmeats, besides exercising superintendence over the whole household, and recording the daily expenditure in an account book kept for the purpose. A little difficulty sometimes exists in getting servants to perform more than their own particular duty, but by a little management it is soon overcome and adds to the domestic comfort.

As a caution to strangers, I must revert to and condemn the practice of entrusting to jemadars or other head servants the expenditure of money, or rather the payments of accounts for liabilities incurred on account of masters. In the experience of the majority of those who have indulged in such, it has been ascertained how unjustly and injuriously the system works, claimants are not paid, yet for months previously to any settlement being come to, the master's account is charged, and that invariably at a larger figure than that subsequently paid. The services of a jemadar or other head servant are not essential for such purpose in a family.

It is a useless, besides an expensive, custom to give dresses

to your servants ; however, this is a mere matter of consideration with yourself. In some families in Bengal, where the establishment is large and the servants numerous, and are expected to be all uniformly dressed with turban, &c., a man is kept on purpose to make the latter up, and is paid a small sum by each for so doing or by their employer, he performing some other duty when not so engaged. The only class generally requiring a livery, are your horse-keepers and coachmen ; they need little more than a uniform turban and belt, but you must insist on their appearing in clean clothes when in attendance.

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## CHAPTER II.

### IN-DOOR ECONOMY.

#### REMARKS ON DAIRY UTENSILS, Etc.

##### PANS.

THESE, for holding the milk or setting the cream, should be of tin, or glazed ware: the objection to earthenware, if common, consists in the surface being easily chipped, and from its porousness the vessel acquires a greasy scent, which no washing will remove, as the milk from time to time soaks into the substance of the pan, and then, becoming stale, gives a very disagreeable taint to the milk or cream. The very best dishes for setting milk in are the real common china, procurable in the bazars at the Presidencies and large towns, or else tin pans.

Brass vessels may be used, but they must be kept perfectly sweet and clean, the pans well scalded and washed previous to their being used, as also every other utensil, lotah, churn, cloths, or sieve, spoons, &c. In fact cleanliness is necessary with all articles destined for the use of the dairy: and without it is impossible to succeed.

Milk should be kept where there is a free circulation of air, and covered with gauze or wire screens, to keep off flies, &c. Previous to setting milk for cream, dip the pan in cold water, and, if required for table use, take care to skim it before the milk gets in the least sour, which, in warm weather, soon takes place.

When the butter is taken from the churn, the smaller the quantity of water used in preparing it the better. The but-

ter should be placed on a board or dish in a sloping position, so that the butter-milk may run off, and then, by means of a flat wooden spatula, the mass must be pressed, rolled, and beaten; then sprinkle over it a little salt, and renew the process of pressing it until no more butter-milk appears, and the butter shall have become firm, when form it into shape for use. The chief essential in preserving butter is to remove all the milk, and this can only be done by working it well. Water remaining in the butter is bad, as it soon undergoes decomposition. Hence butter, to be preserved sweet, should never be kept in water but in a vessel that is porous, or with a damp cloth around it, and in a free circulation of air.

Those who desire to possess the luxuries of a dairy, such as butter, cream, and milk in perfection, should keep their own milch cattle, or else, if the milk is purchased, have the animals brought to their doors and then milked. Even then, if the people are not looked after, they will bring water in the lotahs and adulterate the milk; however, care will prevent this fraud. The next precaution, if you buy your milk, is to see that you get the milk you actually order or pay for; the buffalo milk being so much cheaper, they often mix it with the cow's, and sell it as such. If you keep your own cattle you possess the advantage of being able to turn the produce of your dairy to account. The various modes of using the milk will suggest themselves after the butter is made and the family wants supplied, the remainder being converted to economical purposes, as the milk or whey may be mixed with grain or bran for feeding poultry, pigs, &c. Skim milk in this country is of no other use, as it soon turns sour from the heat.

#### SCALDED CREAM.

Fill your pan two-thirds full of new milk, and place it at a proper distance over a clear charcoal fire, and with a gentle

heat. Let it warm gradually for about twenty minutes, when the scalding will be complete. If allowed to go beyond a certain point the cream will not rise properly, and it is spoilt. Remove the pan steadily, and set it to stand during the night; the following morning the cream may be taken off. It may be scalded by setting the milk in tin pans over boiling water. The precise moment for removing the milk can only be ascertained by practice.

#### DEVONSHIRE CLOTTED CREAM OR CHA-NAH.

The milk must be set for about twelve hours. The vessel containing it is then placed over a very slow fire or stove, taking care to shake or disturb it as little as possible; the cream then rises gradually to the top, and forms a thick mass when it is cool. The cream is to be removed and set aside for butter or other purposes.

#### YELLOW BUTTER.

Boil two seers of morning's milk slowly until it is reduced about one-fourth; stir it constantly while boiling and cooling until it is cold, in the warm weather; but if in the cold season, leave it lukewarm. Cover the milk with a cloth, tied over the vessel, until the afternoon, when treat the evening milk in the same manner, and mix them both together, adding about two table-spoonsful of the morning's butter-milk, kept for the purpose. In the morning churn it, adding every now and then a little cold water while churning. This quantity of milk ought to yield one chittack of butter to the seer.

*Obs.*—In warm weather the milk after boiling may be left to set by itself, with a cloth tied over it; but in the cold weather you must set the vessel containing the milk upon hot embers, so as to keep it a little warm all night. Of course if you purchase your milk, the best plan is to set the whole quantity at once in the morning. More butter-milk is required to be added in the cold season than in the hot.

## BUTTER.

This, for families, is made either from pure cream, or the cream and milk together, with which a small quantity of the previous day's butter-milk has been mixed at the time of setting; a table-spoonful to each seer of milk is sufficient. The natives do it otherwise, by first smoking the inside of the chatty in which the milk is kept. It is said that more butter is procured by this means, but it always retains the smoky flavour, and is the cause of the milk having the same when brought to persons on a journey or march, if notice of its being required has not been previously given.

## BUTTER, TO PRESERVE.

The best method of preserving butter is to have every particle of water worked out of it with a wooden spatula, and then mix with it a few black peppercorns that have been washed and dried; put the butter into a jar, and lay over the top a small quantity of moist sugar placed in a bag or between two-folds of linen. By this means butter may be preserved in travelling many days.

## ANOTHER

way is to clean your butter well; mixing with it a very little salt; put it into a porous vessel, and keep cool with a wet cloth round it, or else in a cooling machine. (See Coolers.) Butter gets rancid sooner by being kept in water than when dry.

*Obs.*—Butter, if melted at a low temperature, skimmed, strained, and set to cool, and the water separated entirely from it, will keep for months.

## FROM CREAM.

The milk is first strained into flat pans or dishes, which should never be deeper than two or three inches. Tin pans are preferable, as they are easily kept sweet and clean, besides



not being so readily broken. The round or oval shape admits of being skimmed with ease, if a small quantity of cream is only used, such as is given from two or three seers of milk. A large wide-mouth fruit bottle answers all the purposes of a churn. Of course, if a larger quantity, then a churn must be used. It seldom is necessary to add anything to the cream to give it acidity.

The bottle is beat upon a roll of cloth made with coarse canvas until the butter is formed into flakes, the butter-milk withdrawn, and a little cool water substituted. This is again shaken in the bottle till the butter is in a mass, changing the water two or three times. When the butter is taken out, put it into a basin, and work it with a flat piece of bamboo or stick similar to a paper-cutter. After it has become as firm as the weather will permit it is transferred to the butter pot or plate, and formed into any fanciful shape of a flower or cone, and put on the breakfast-table. If the butter is intended to be kept, a little salt may be added.

*Obs.*—Cream that is moderately sour makes sweet butter, and it becomes generally so after standing twenty-four hours. The cream may be either from cow's or buffalo's milk.

#### FROM MILK AND CREAM.

The general custom in this case is to simmer the milk over a chafing dish or brazier with clear coals; but of course your kitchen fire will answer, only remember the milk must never boil or be removed out of the pan it is warmed in. A small quantity of the previous day's butter-milk, saved on purpose, is then thrown into it; the following morning the whole is put into the churn, and the butter is made in the usual manner. If the butter is made from buffalo milk, a little colouring is given by soaking the seed of the sappun, Bixa Orellana, or a little saffron—though the latter is too dear for general use.



## ANOTHER FROM CLOTTED CREAM IN A FEW MINUTES. -

Take any quantity of buffalo or cow's milk, let it stand for three or four hours, then simmer it gently over a charcoal fire, taking it off before it is at the boiling point, and not on any account shake or disturb it in removing the pan to the shelf it is to stand upon. The cream that will rise is a very good imitation of clotted cream, and will be fit for use, if for eating, in twelve hours, but if required for butter may stand for twenty-four. Skim it carefully, put it into a bottle with a wide mouth, and shake it well; the butter will come in a few minutes. When travelling, if the cream is thus put in a bottle and carefully suspended on a camel or other cattle, the butter will be ready on your reaching the end of the stage. This I believe to be a common custom with officers marching in India.

## GHEE

Is prepared by melting butter over a clear fire, skim it whilst boiling, and, when all the water has evaporated, strain it through a cloth, and it will keep good for years. If ghee has a rancid flavour or is tainted, which is often the case when procured from the bazar, it may be rendered sweet by boiling it with a handful of Moringa or Sugnah or Munjee leaves. This is the tree the root of which furnishes the horse-radish in general use in India.

## CHEESE

Is only made in this country as cream cheese or fresh curd.

## CREAM CHEESE.

Take any quantity of good cream, hang it in a coarse cloth (that has been dipped in scalding water and wrung-out) for about twelve hours, then line with cloth a small fine bamboo basket, made on purpose, or a tin mould—the shape round or oblong, with about an inch and-a-half rim, and the bottom perforated with holes. Place the cheese in it, and

turn the ends of the cloth over it. Put on a light weight, and turn the cheese carefully once in twelve hours, sprinkling a little fine salt over it. In four or five days it may be used.

#### FRESH CHEESE.

Take six seers of new milk, put it in a saucepan over a slow fire, then mix in by degrees a coffee-cupful of white salt, stirring the milk the whole time, until it is nearly boiling; take it off, pour it into a dish, and let it stand until cool; add half a tea-cup of sour butter-milk and squeeze a little lime juice into it and let it remain twenty-four hours, then remove the curd from the whey, put it into a towel or cloth, and hang it to drain; when the whey has run off, give the curds a shake in the cloth so as to bring all into a mass, put it, with the cloth it is in, into a bamboo basket or frame, and place a weight of about six pounds upon it with a thin board between; the following day the cheese may be turned and salt sprinkled over it. In three or four days it is fit for eating, though it is better for being kept longer.

#### ANOTHER.

To the same quantity of milk add a pint of cream, turn it with rennet, or by any other means; let it stand for twenty-four hours before removing the curd, put the whole into a towel tied moderately tight to strain, shaking the sides of the cloth to bring the cheese together; when the whey is all out turn the cheese into your frame lined with cloth, and treat it as last directed; this, from the addition of cream, will be richer than the last.

*Obs.*—If from any unknown cause you find the curd has fermented or has a honey-comb appearance, your cheese will not be so firm or good.

#### RENNET, OF CALVES, PIG, OR KID.

Take the stomach of a calf four or five weeks old, remove the curd, wash the bag and replace the curd with a handful

of salt and the juice of four or more limes, tie it up so that none of the juice escapes, then cover it well with salt, and lay it in a deep dish and let it dry, or else stretch it out on sticks for the same purpose. When required for use, cut a bit with some of the curd and soak it in salt and water. The stomach of a young sucking pig, kid or lamb answers as well. Wash it clean in a strong brine of salt and water, and return the maw as with the calf's stomach, treating it exactly in the same manner with plenty of salt. The usual application is as follows. The night before cheese-making, one or two inches of the maw should be cut off, and steeped in a few table-spoonsful of warm water; on the following morning the liquor is strained off and poured into the milk; one inch is generally held sufficient to curdle the milk of five English cows. Some put sweet-briar, cloves, and various aromatics into the rennet, for the purpose of imparting a fine flavour to the cheese.

#### ITALIAN RENNET.

Take the inside skins of fowls' gizzards, warm a little milk and steep the gizzards, strain and add it to the milk to be turned into curds. The gizzards, after being used, if washed and dried, will answer several times, but it is hardly necessary to take this trouble where fowls are so common, and easily procured.

#### VEGETABLE RENNET.

The dried leaves of the flower of the thistle and artichoke coagulate milk, and form the only rennet used in the south of France. The blue flower of the artichoke, if taken fresh or dried, turns milk into excellent curd for cheese or other purposes. A total weight of the fresh flowers soaked in two table-spoonsful of hot water and strained is sufficient to turn a pint of milk; two-thirds of a total weight, or two English drachms of the dried flowers soaked in a little hot water,

and a tea-spoonful of salt, will turn two quarts of fresh buffalo milk into a rich curd.

#### DEVONSHIRE JUNKET.

Turn some new milk, as for curds, in a wide shallow dish ; when firm, pour over the top clotted cream mixed with pounded sugar, a little brandy, and some grated nutmeg.

#### ANOTHER JUNKET.

Turn some new milk with a little rennet ; sweeten some clotted cream, add pounded nutmeg or cinnamon, make it warm, and when cold pour it over the curd ; put a little wine or sugar at the bottom of the dish.

#### TYRE OR DHY

Made by adding a little butter-milk to warm fresh milk and letting it stand all night ; the whole may be churned for butter, or the top only, as it is the richest and best.

#### BEASTINGS.

This is made from the first drawn milk after the cow has calved—it is to be well sweetened with treacle, then put into a deep pie-dish and baked, a common preparation both in Devonshire and Somerset.

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## CHAPTER III.

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### SOUPS.

#### GENERAL DIRECTIONS.

THE great essential in making good and economical soup is cleanliness. The utensils must not only be perfectly sweet and clean, but the meat and other ingredients well washed to insure success.

In this country stock must be made as it is wanted, for even in the cold season it will seldom keep sweet till the following day, especially when vegetables are used in its preparation. It is therefore necessary, as fresh meat must generally in all cases be used, that the skimming be particularly attended to, and a sufficient time allowed for the juices to be extracted by slow and careful boiling as well as for its cooling, that the fatty particles may be removed from the surface, and admit of the sediment, if any fall to the bottom of the liquid, being drawn off clear.

The material for the basis of plain soup should always have its goodness extracted by first applying only a small quantity of water and butter to the meat, the remaining portion of water added, and immediately brought to the boiling point to raise the scum, which must be removed, and then allowed to simmer only; for now it is that the greatest attention is necessary to skim off the rest as it rises, else it settles over the meat, and the soup is never clear. This must be continued whilst any remains; a little cold water thrown in, will cause more scum to rise, should there be any.

Rich and high-seasoned soups have a much stronger flavour when the meat is stewed with herbs and butter, previous to stock or water being added, than when the latter is at once put to the meat, and, as is often the case, kept at a boiling rate, throughout the whole process, by which means the flavour and juice is not half extracted, and the meat rendered tough. The ingredients for seasoning soup should be so equally proportionate that, when mixed, no particular flavour predominates.

Fresh lean juicy meat is always to be preferred for clear soups; fat meat is not so good, and stale meat makes the broth grouty and bad tasted, besides wanting in its juices and strength. Whenever esculents, such as cabbages, endive, spinach, or any others are used, they should be first blanched in boiling water to remove their bitter and strong taste. It is sometimes necessary to boil them in one or two waters for this purpose, or they cannot be used.

Soups that have vegetables in them will seldom keep beyond the next day, but on no account must they be allowed to remain in any metal vessel, but kept in earthen jars or pans. Whatever vessel is used for preparing soup, care must be taken that the lid fits close and well, to prevent the quick diminution of the soup, though sometimes it is necessary, if the soup is weak, that the cover should be removed to allow the steam to pass off and reduce it: the proportion of water is about a quart to a pound of meat, if the steam is retained by having a close fitting cover so that the broth slowly evaporates. Soup may also be made in a jar covered with paste, or folds of paper, and the jar boiled in water or baked in an oven. Chicken broth made in this way is very superior.

Sauces, ketchups, &c., should only be put to weak soups that require a flavour to be given them. Such as are made from calves' and sheep's heads, cows' heels and calves' feet, require flavouring additions: where wine is used, a glass



mixed with the sauces, and put into soup just before it is finished (to prevent its tasting raw), will go as far as a pint that is boiled with the soup, and which, if given to the cook seldom ever finds its way to the soup kettle.

Broth to contain the pure juices of the meat must be boiled gently, until it is tender, as the flavour can only be extracted by very slow simmering; those seasoned with vegetables and herbs, and thickened by using flour, arrow-root, rice, potato, starch, bread, sago, &c., are decidedly the most wholesome. Before vegetables or herbs are added to the broth be careful that they are perfectly clean.

If broth is carefully skimmed it will be clear enough without clarifying, which, in a great degree, impairs the flavour. To clarify broth, beat up the white of an egg, and add it to the broth, and stir it with a whisk when it has boiled a few minutes, strain it through a tammy or napkin. Thickening may also be done by stewing the meat down to a gelatinous consistence.

#### PARTICULAR DIRECTIONS.

**WHITE SOUPS** may be flavoured with cream, egg, almond, spices, white wine, celery, white pepper, salt, &c. The thickening made of bread, arrowroot, flour, almonds, cream, mashed vegetables, such as potatoes, Jerusalem artichokes, turnips, pumpkin, &c.

**BROWN SOUPS** may be flavoured with sauces, ketchup, essence of anchovy, soy, herbs, vegetable essences, vegetables, wine, vinegar, &c., and coloured with toasted bread, burnt sugar, fried onions, or brown sauce: if the soup has by any means acquired a burnt taste, a little sugar will remove it.

The liquor in which mutton, beef, or pork has been boiled, if the latter is not too salt, may be converted into very good plain economical soup, by adding vegetables fried in butter or ghee, and thickened with a little arrowroot or flour made



into a paste with some of the broth ; it must then be boiled up again to take off the raw taste of the same.

By attending to these few directions, any person may produce good palatable broths and soups, and vary them to any extent by a little judgment: at the same time it must be remembered that the relish is lost if the soup be cold, therefore never pour it into the tureen until it is to be put on the table.

The principal agents employed to flavour soups and sauces are, mushrooms, onions, anchovy, lemon juice, and peel or vinegar, wine (especially good claret), sweet herbs, and savoury spices.

#### BROTH HERBS, SOUP ROOTS, AND SEASONINGS,

OR

*Soorooah ka rakum rakum ka Mussalah.*

Scotch barley	or Barra belatee jow.
Bread	" Rootee.
Rice	" Bhat or chowl.
Potato mucilage	" Aloo.
Carrots	" Gajur.
Pearl barley	" Chota belatee jow.
Raspings	" Rakum rakum ka cha-cha.
Vermicelli	" Semi.
Beet-root	" Chakunda or Belatee Palung.
Flour	" Mida.
Peas	" Muttur.
Maccaroni	" Belatee motta Semi.
Turnips	" Salgram.
Oatmeal	" Belatee jow ka mida.
Beans	" Seem.
Isinglass	" Inginglass.
Parsnips	" Juzur.
Cucumber	" Kheera.
Tomata	" Goot begun or belatee begun.
Celery	" Ujooden or kurufus.
Common thyme	" Ipar or irpa.
Mushrooms	" Beng ka Ch'hata.
Celery seed	" Ujooaen ka bupun.
Lemon thyme	" Ipar or irpa.
Orange thyme	" Ditto.

Garlic	or <i>Lossoon.</i>
Parsley	" <i>Ajmood or pitterislee.</i>
Knotted marjoram	" <i>Murzunjoosh.</i>
Sage	" <i>Sista or seestur.</i>
Bay leaves	" <i>Tezpauth.</i>
Burnet	" <hr/>
Lemon peel	" <i>Limboo ka chilka.</i>
Mint	" <i>Poodina.</i>
Winter savory	" <hr/>
Tarragon	" <hr/>
Sweet basil	" <i>Boomuk or kala toolsee.</i>
Chervil	" <hr/>
Shallots	" <i>Peeaz or Peeaj.</i>
Champignons	" <i>Beng ka Ch'hata, Samp-ka topee, or decoon.</i>
Leeks	" <i>Ganduna or belatee peeaj.</i>
Cress seeds	" <i>Halum ka bupun.</i>
Nutmeg	" <i>Jyphul.</i>
Allspice	" <i>Cobbab Cheenee.</i>
Cloves	" <i>Loung.</i>
White pepper	" <i>Sufade gool meeritch.</i>
Cinnamon	" <i>Dalcheenee.</i>
Mace	" <i>Jyutree.</i>
Ginger	" <i>Udruck.</i>
Black pepper	" <i>Kala gool meeritch.</i>
Essence of anchovies	" <hr/>
Lemon juice	" <i>Limboo ka rus.</i>
Seville orange juice	" <i>Komla limboo ka rus.</i>

These materials, combined in various proportions, added to wine or mushroom catsup, will give to broths and soups a variety of the most agreeable and pleasant flavours.

#### CHANTILLY SOUP—OR BELATEE MUTTER KA SOUP.

Boil one quart of young green peas with a couple of green young onions, some parsley, a little fresh mint, and a tea-spoonful of sugar. Put them into a stewpan, with a couple of table-spoonsful of fresh butter or ghee, with the same of stock: simmer on a stove or slow charcoal fire until quite tender, then rub them through a sieve. Add a pint and-a-half of good hot clear stock, season with salt, and thicken if necessary with a little arrowroot. Set the whole on the

side of the stove to warm, but not boil, else it will lose its green colour.

#### SOUP A LA JULIENNE.

Cut a few carrots and turnips into narrow slices or ribands, divide two or three heads of celery and the same number of onions (with a few leeks), cut these about an inch long, and a quarter of an inch wide, and the same in thickness. Put into a stewpan two spoonsful of butter, and lay the vegetables over it. Fry the whole over a slow fire, stirring it gently all the while till of a nice brown. Moisten the vegetables with veal gravy, chicken or mutton broth; season to your taste with salt and pepper, and let it boil at the side of the fire; skim off all the fat as it rises, add a little sugar to take off the bitter taste of the vegetables.

*Obs.*—Green peas, French beans, some lettuce or sorrel may be added.

#### GIBLET SOUP.

Scald and clean the giblets of a goose or a pair of ducks; stew them in water, a pint for each set, till they are quite tender, or with a neck of mutton, or a couple of pounds of gravy beef, three onions, a bunch of sweet herbs and four pints of water, stew them until the gizzards are quite tender, then remove and set aside; add more stock if necessary to the soup. Flavour with mushrooms or Harvey sauce, and a little butter rolled in arrowroot or flour to thicken it.

#### PRUSSIAN SOUP.

Take four heads of celery, two carrots, two turnips, two onions and lettuce, cut them all up into small pieces, and fry in a little ghee or dripping. Take a seer of mutton, cut it into slices, put all together in a large saucepan and keep it sweating for an hour without any water, then pour on two quarts of water, shut the lid of the saucepan close, and simmer gently for two hours longer and serve up.

## SOUP A LA CRESY.

Take the red part only of six medium sized carrots, two turnips, the white part of four leeks, or two onions, with a head of celery, and a sliced lettuce. Wash the whole very clean, and chop up the vegetables. Put them into a stew-pan with a large spoonful of butter or ghee, simmer for a few minutes, then add a pint of split dhall with a pint of good stock, and let it simmer gently until the whole is sufficiently soft to be rubbed through a sieve, to which add the crust of a French roll moistened with stock, and pass the whole through a tammiss cloth. Add a pint and-a-half more stock, and set it on one side of the stove to boil up, removing any fat that rises. Have ready a cup of previously boiled rice, add it to the soup, and serve. Vermicelli may be used instead of rice.

## ALMOND SOUP—OR BADAM KA SOUP.

This may be considered the very best of white soups, and, to make it well, great care is necessary. See that the soup kettle has been well tinned and well cleaned, or all your labour will be in vain. Clean sweet towels are also essential, spoons and ladle. Make your stock of the knuckles of veal and fat, with a slice of ham or bacon, season it with thyme or any sweet herbs, using also white pepper. If you have not veal, neck of mutton with sheep's feet will answer, only be careful to skim off all the fat, &c. Have ready a fowl nicely boiled, and when the stock is finished, say enough for six persons, take the meat off the fowl, cut it up into slices or bits, and pound it well in a marble or large clean mortar. Then take four ounces of blanched almonds, pound them up fine, and mix with the pounded meat of the fowl, adding six table-spoonfuls of cream or very rich buffalo milk—if milk is used, add the yolk of one or two eggs—rub the whole through a sieve or coarse cloth; when this is done, take as much arrowroot as you conceive necessary to give a

proper consistency to the soup—a table-spoonful is enough; this must be mixed with a little of the stock, then add the whole together, stirring it carefully, but do not let it boil, else it will curdle.

#### ANOTHER WHITE SOUP—OR *SUFFADE SOOROOAH*.

Take three quarts of good white stock, made either of fowl, veal, rabbits, or sheep's head and feet, or the liquor in which a calf's head has been boiled; put one pound of lean veal, some slices of ham, two or three whole onions, a head of white celery and a large carrot, a bunch of parsley and three blades of mace, boil one hour; strain and add to the liquor the white part of a cold roast or boiled fowl (or pheasant) finely pounded, about two ounces of sweet almonds blanched and pounded, and the pounded yolks of two hard-boiled eggs. Rub the whole through a sieve or coarse open-textured cloth. Mix the yolks of six eggs, well beaten with one pint of boiled cream, and a table-spoonful of arrowroot; add it to the soup. Stir it over the fire until thoroughly hot, but on no account let it boil, or else it will curdle; then add a little salt, and a tea-spoonful of sugar.

*Obs.*—Two or three table-spoonsful of butter may be added to the cream instead of arrowroot, and a few peach leaves substituted for the almonds, but the latter must be boiled in the stock.

#### ARTICHOKE SOUP, JERUSALEM.

Make a clear broth from the head and feet of a sheep, or from the remains of any cold meat, or a large roast fowl will answer; have ready the following vegetables, which clean and cut up into slices: one head of celery; carrots, turnips, leeks, and onions, two of each; stick half a dozen cloves in the latter, and put the whole into a stewpan with the consommé (or the cold roast fowl, cut up), to which add

from two to three quarts of broth; boil the whole gently for a couple of hours and skim off the fat as it rises. Take two pounds of Jerusalem artichokes, wash and peel them clean, free from all skin and colour; put them into a stewpan with some broth, and boil till they are sufficiently tender to rub through a cloth; strain the remainder of the broth, and add the artichokes with a little salt, after which return the whole into the stewpan and give it a boil-up, taking off any scum that rises; then mix with it a pint of boiling cream in which the yolk of an egg or two has been beaten. Serve with or without toasted sippets of bread.

## ANOTHER WAY.

Take three quarts of plain good veal or mutton broth, add the following vegetables, sliced: two onions stuck with a few cloves, two carrots, two turnips, a head of celery; boil the whole very slowly down to one half, and remove any scum that rises; take at least a pound and-a-half of artichokes that have been carefully scraped and cleaned; boil them in some broth, then rub smooth in a mortar, and pass the whole with the remainder of the broth through a tammy; have ready a pint of rich milk thickened with arrowroot, and the yolks of two eggs; add this to the soup, with a little salt, and serve up hot.

## ASPARAGUS SOUP.

This is made only with the green tops, in the same manner as pea soup. Having prepared two quarts of veal or mutton broth, take a pint and-a-half of the green tops, cut about two inches in length, and boil them in water with a little salt; then rub two-thirds through a cloth or sieve, and thicken the broth with it; the remainder chop up to the size of peas, and lastly put with the soup before serving, that they may be as firm as possible.



## BEEF BOUILLI AND SOUP.

Take a leg and shin and break the bones of the former, or else eight or nine pounds of the brisket, put it into a soup kettle, or stewpan, with a sufficient quantity of water to cover it well; set it on a quick fire to raise the scum, which remove as it rises; add two carrots, the same of onions, turnips, and two heads of celery, with a little parsley and spice, also a slice or two of lean ham, if you have it by you, or an anchovy; let the whole simmer gently for four or five hours; season with allspice and black pepper; then carefully remove the meat and keep it warm, whilst getting ready the following vegetables: take a large carrot, an onion, a turnip, and a head of celery; put them into the soup and boil till tender; then take them out and cut the whole into slices; thicken a part of the gravy with flour, and add the vegetables; give the whole a warm-up, and pour the sauce over the meat if served whole, if cut into slices pour the sauce and vegetables round it.

A few chopped capers, or some mushroom catsup, may be added, and the bouilli may be served on stewed red cabbage flavoured with vinegar. If you wish to have soup as well, strain the soup through a sieve or coarse cloth into a clean saucepan, put the vegetables cut into the soup, after the fat has been removed, and flavour the soup with a glass of port wine, some pepper and mushroom catsup, and thicken it, if required, with three or four spoonful of flour, or a sufficient quantity of arrowroot rubbed up in butter, or a little of the clear fat from the top, quite smooth; stir it by degrees into the soup, and simmer for ten minutes longer; brown a little pounded sugar at the fire, and put it to colour if necessary.

## BEEF GRAVY.

Take a leg (and cut the meat into pieces), or four or five pounds of gravy beef, lay it in a stewpan, properly tinned, with half a pound of ham or lean bacon, a large carrot, a



head of celery cut up, and an onion with a dozen cloves stuck in it, some black pepper, and a little sugar; moisten it with a pint of broth or water; cover the stewpan close and set it over a moderate fire; when the broth is so nearly reduced as only to save the ingredients from burning, prick the meat with a knife, and shake it about so as to brown it equally all over; then gradually add a pint or more of boiling water for each pound of meat; let the whole stew gently from four to five hours, and skim it well at intervals that it may be very clear, then strain it through a fine napkin, and set it in a cool place; when cold take off all the fat.

*Obs.*—Particular care is necessary during the process of browning the meat to prevent it sticking to the pan and acquiring a burnt taste; also if the water is poured in too soon the colour and flavour will be injured; and if by accident it is at all muddy, it can only be converted, by thickening, into some other soup.

#### COCOA-NUT SOUP—OR NARIAL KA SOUP.

Scrape or grate the inside of a couple of ripe cocoa-nuts very fine, place it in a saucepan, adding to it a couple of quarts of clear white stock, with a blade of mace; set it to simmer gently for half an hour, and then strain it through a fine sieve; have ready beaten the yolks of four eggs, with a little stock, and sufficient arrowroot or ground rice to thicken the soup; mix the whole into a smooth batter, adding it by degrees to the soup, and let it simmer gently, stirring it carefully until it is done. It should not be allowed to boil, or it may curdle. Half a pint of cream or good buffalo milk may be used instead of eggs.

*Obs.*—The ingredients directed for Mulligatawny may be added to this soup, and served with boiled rice, if cream or eggs are not used.

#### IMITATION OYSTER SOUP.

This may be made to approach very nearly in flavour the genuine oyster. Having prepared a good white stock or

econsommé (a full quart), take and blanch two ounces of shelled almonds (sweet), and pound them to a paste with a little water; then rub it with a half pint of cream, or rich milk, through a cloth or sieve; mix up two table-spoonsful of anchovy sauce, three of mushroom catsup, one of vinegar, three of white wine, a quarter of a nutmeg, grated, and the yolks of two eggs well beaten, with a table-spoonful of arrowroot or fine flour; add this to the consommé, with the almonds and cream, and give the whole a boil-up; season only with pepper and a little mace.

#### MOCK TURTLE.

Clean the head and feet of a calf; then scald off all the hair in boiling water, scraping it well with a knife; when the head and feet are properly cleaned and the fat removed, split the head open, take out the brains and lay them aside; put the head with about five quarts of clear water into the soup kettle, with a close-fitting lid, and let it boil gently until the head is sufficiently done, so that the meat separates from the bone; if half the head is required for a side dish, you must remove it before quite so much done, with the tongue, but do not take away the bone; set this on one side, and let the other half simmer a little longer; when ready, remove the whole of the skin and meat, and reduce the broth to about a couple of quarts, or one half; strain it through a thick wet cloth and set it to cool. Take the meat, cut it into slices of half an inch square, and set it on one side. Boil the feet down into a jelly of a quart or more, strain it and let it stand to cool, when you can remove the fat and serum, if any. Now take the brains, which have been previously boiled, set apart half for sauce for the remainder of the head, and with the other portion add crumbs of bread, yolks of eggs, black pepper, and salt; bind the whole with a little flour, and make into balls the size of marbles, and fry in hot ghee to a nice brown.

Then take some veal, fowl, or fish, chop it up fine, pound it in a mortar, to which add chopped parsley or lemon thyme, some crumbs of bread, marrow, veal udder or suet, the yolks of eggs, a little salt and pepper, with a little flour to bind the whole; make this into balls and fry of a rich brown. Then make some egg-balls and keep the whole on one side till the soup is ready for serving; now brown your stock with roud, add the jelly from the feet, with four table-spoonsful of mushroom catsup, one of anchovy sauce, three glasses of French claret, or two of white wine, a blade of mace, half a grated nutmeg, some black pepper and a table-spoonful of sweet basil, wine or vinegar, or two or three of the fresh leaves, not more; give the whole a boil-up with the slices of the head. Then put the force-meat balls into the soup turcen with the juice of a lime, and pour the soup over it. Red pepper is an improvement, which can be added at pleasure.

## ANOTHER WAY.

Take the head and feet and clean them as directed in the last receipt, also a pound of pickled pork, which soak, and wash off all the salt; put the whole into a soup kettle with a couple of onions stuck with cloves, some lemon thyme, a leaf or two of sweet basil, a stick of celery and a blade of mace; add about six or seven quarts of water, and boil very gently until the meat is tender; separate the meat from the bones, and cut it into small pieces; return the bones into the soup, and let it stew for some time longer until sufficiently reduced; then set it to cool, remove all the fat and strain it; colour the soup, add the wine and sauces, with the force-meat and egg balls, as directed in the last receipt.

*Obs.*—Two sheep's heads with eight feet, dressed in a similar manner, will make excellent imitation mock turtle. The skin of the head may be made to resemble the green calapash, by colouring it with spinach juice after it has been cut into pieces.

## CARROT SOUP—OR GAJUR KA SOUP.

Make two quarts of a rich stock with a shin of beef, a quarter of a pound of lean ham, a fowl, some sweet herbs, cloves, two onions, black pepper, and salt, with a head of celery; strain; let it stand; when cool, remove all the fat. Clean and boil, till tender, twelve good sized carrots, pound them in a mortar, and rub through a tammi into the soup; give it a boil, and serve.

*Obs.*—A spoonful or two of mushroom catsup improves it.

## COCK-A-LEEKIE SOUP.

Take a large fowl, truss as for boiling, with two pounds of shin or leg of beef, put them into a pan with sufficient water, add ten or twelve leeks, cut into slices of an inch and-a-half long; when it comes to a boil, skim it well and let it simmer gently for an hour, removing from time to time any scum that rises. When the soup is nearly done, remove the beef, and season to taste with salt, pepper, and spice. Take out the fowl, carve it nicely, and lay the pieces in a tureen, pour the soup over and serve.

*Obs.*—When leeks are not procurable, fresh green onions may be substituted.

## CUCUMBER AND PEA SOUP.

Make some good clear mutton broth, about three quarts or more, from the neck and head, a thick slice of lean bacon, an onion stuck with four or five cloves, a carrot, two turnips, a little salt, and a few sweet herbs; strain it, and brown with an ounce of butter, and the crumb of a French roll, to which add four cucumbers and two heads of lettuce, cut small: let them stew a quarter of an hour, in a quart of the broth; when it boils, put in a quart of green peas; and, as it stews, add the remainder of the broth.

## EEL SOUP—OR COOCHEEH KA SOUP.

To every pound of eels add a quart of water, an onion, some sweet herbs, a crust of bread, some mace, pepper, and

salt, and let the whole boil, until half the liquor is wasted ; then strain and serve up with toasted bread. If the soup is not rich enough, thicken with flour and butter.

#### EEL SOUP, PLAIN.

To the liquor in which eels have been boiled, add a small bunch of parsley and a couple of green onions. Let it boil for ten minutes, then put in a thickening of butter rolled in flour, with a little salt ; continue the boiling, until the rawness of the flour is gone ; add a small quantity of white pepper, with the yolk of one egg beaten, and stir it in the soup, give it a warm-up and serve.

#### FISH SOUP—OR MUTCHLEE KA SOUP.

To make a tureenful, take a couple of middling-sized onions, cut them in halves and across, two or three times ; put two ounces of butter into a stewpan ; when it is melted put in the onions, stir them about till they are lightly browned. Cut into pieces three pounds of unskinned eels (or other fish) ; put them into your stewpan, and shake them over the fire, four or five minutes ; then add three quarts of boiling water ; and when it comes to boil, take the seum off very clean ; then put in a quarter of an ounce of the green leaves (not dried) of basil or winter savory, the same of lemon thyme, and twice the quantity of parsley chopped, two drachms of allspice, the same of black pepper ; cover it close, and let it simmer gently for two hours, then strain it off, and skim it very clean. To thicken it, put three ounces of butter into a clean stewpan ; when it is melted, stir in as much flour or arrowroot as will make it of a stiff paste ; then add the liquor by degrees ; let it simmer for ten minutes, and pass it through your sieve ; then put your soup on in a clean stewpan, and have ready some little square pieces of fish fried of a nice light brown. The fried fish should be added a little before the soup is served up. Force-meat balls are sometimes served with it.



## FISH FORCE-MEAT FOR SOUP—OR MUTCHLEE KA GOOLLALAH.

Take two ounces of any fish—crayfish, lobster, shrimps, or oysters, free from skin ; put it in a mortar, with two ounces of fresh butter, one ounce of bread crumbs, the yolks of two eggs boiled hard, and a little eschallot, grated lemon peel, and parsley minced very fine ; then pound it well, till it is thoroughly mixed and quite smooth ; season it with salt and cayenne to your taste ; break in the yolk and white of an egg, rub it well together, and it is ready for use. Oysters parboiled and minced fine, and an anchovy, may be added.

## FISH SOUP—OR MUTCHLEE KA SOUP.

Take three pounds of any fish, cut it into pieces, and place them in a stewpan, with two anchovies, some onions, parsnips, turnips, celery, and sweet herbs, and three quarts of boiling water. Stew all together for two hours ; then strain and season with white pepper and salt to taste. Put some force-meat balls in the soup, with the crust of a French roll, and let it simmer for a quarter of an hour before serving up.

## GRAVY SOUP, CLEAR.

Cut half a pound of ham into slices, and lay them at the bottom of a large stewpan or stock pot, with two or three pounds of lean beef, and as much veal ; break the bones, and lay them on the meat ; take off the outer skin of two large onions and two turnips, wash, clean, and cut into pieces a couple of large carrots, and two heads of celery, and put in three cloves and a large blade of mace ; cover the stewpan close, and set it over a smart fire. When the meat begins to stick to the bottom of the stewpan, turn it ; and when there is a nice brown glaze at the bottom of the stewpan, cover the meat with hot water, watch it ; and when it is coming to a boil, put in half a pint of cold water ; take off the scum, then put in half a pint more of cold water, and skim it again,

and continue to do so till no more scum rises. Now set it on one side of the fire to boil gently for about four hours; strain it through a clean tammiss or napkin (do not squeeze it, or the soup will be thick) into a basin; let it remain till cold, then remove all the fat. When you pour it off, be careful not to disturb the settlings at the bottom of the pan. Warm and serve with bread cut into dice shape and nicely fried.

#### GREEN PEA SOUP—OR BELATEE MUTTER KA SOUP.

Take three pints of large peas of a nice green colour, boil them with a quarter of a pound of butter, and a handful of parsley and green onions, over a slow fire till thoroughly stewed; then put them into a mortar and pound them well, rub them through a tammiss, and moisten with good consommé; then place it in a saucepan by the side of the fire; for if it boils, the peas will lose their green colour. Just at the moment of sending up, put in slices of bread, nicely fried, and cut in dice shape.

#### HARE SOUP—OR CHOOGURA, OR SIZAROO, OR JUNGLEE KHURGHOSE KA SOUP.

Take a couple of hares, skin and wash the inside well, separate the legs, head, shoulders, &c.; put them into a saucepan, with a couple of onions stuck with cloves, a bundle of parsley, a sprig or two of thyme, two or three leaves of sweet basil (suffaid toolsie), and a blade or two of mace, with half a pint of broth or port wine; put the whole over a slow fire or stove, and simmer with the saucepan covered close for one hour; then add a sufficient quantity of good broth to cover the whole, and continue to boil it gently until the meat is quite tender. Then remove it from the broth, and strain the latter through a cloth or sieve, and soak the crumb of a small loaf in it. Then remove all the meat from the bones of the hares, and pound it in a mortar, until fine enough, to be rubbed through a sieve or tammiss; moisten this with



the broth, and season with a little mushroom catsup. Care must be taken not to make the soup too thick, by adding a large quantity of meat than is necessary. If the soup has to be warmed up again, it must not be allowed to boil.

*Obs.*—When it is possible, the blood of the hare should be preserved in a basin until the soup is about to be served ; then pour the blood to it by degrees, and stir it well till it is thickened, but take care it does not curdle. This makes the soup of a black colour. A few scollops may be set aside for adding to the soup before serving.

#### ANOTHER WAY.

Take two or three hares, cut them into pieces, and put them with a small shin of beef, or a cow-heel, into a kettle, with six seers of water, some herbs, a large onion, and a blade of mace ; simmer gently over a charcoal fire, until the gravy is strong ; then take out the back and legs, cut the meat off, return the bones, and continue stewing till the meat is nearly dissolved. Then strain the gravy, and put a glass of port wine to every quart of soup : add pepper and salt ; give it a boil-up, with some of the meat for a few minutes, and serve.

*Obs.*—An Indian hare will not make more than a basin of good soup.

#### QUEEN SOUP.

Skin and clean out the inside of three fowls or chickens ; let them be washed in warm water ; stew for an hour, with sufficient strong veal broth to cover the meat, and a bunch of parsley. Take out the fowls, and soak the crumb of a small loaf in the liquor ; cut the meat off ; take away the skin, and pound the flesh in a mortar, adding the soaked crumb and the yolks of five hard boiled eggs ; rub this through a coarse sieve or tammis, and put into it a quart of cream that has been previously boiled.

## LOBSTER SOUP—OR BURRA CHINGREE KA SOUP.

Take three quarts of veal broth, put it into a stewpan, with some onions, celery, carrots, parsnips, a bunch of sweet herbs, three anchovies, or a red herring; stew gently for two hours; strain; then add to the soup the meat of three lobsters, cut small, thicken with butter rolled in flour; if there is any spawn, bruise it in a mortar, with a little flour and butter; rub it through a sieve, and add it to the soup. Let it simmer very gently for ten minutes; it must not boil, or its red colour will be lost; turn it into a tureen; add the juice of a lime, with a little essence of anchovy.

*Obs.*—The stock of this soup may be made of fish, instead of veal gravy.

## MACCARONI OR VERMICELLI SOUP.

Half an ounce of vermicelli or macaroni is enough for each person. First break it into its proper length; then wash it in clear water to remove any dirt or stale flavour; strain, and put it into some boiling broth that has been flavoured, with a stalk of celery. Make some good consommé, with a shin of beef and a couple of calf's feet, or half a dozen sheep's trotters, five seers of water, carrots, turnips, and onions, sliced, six of each, some sweet herbs, black pepper, salt, and a small spoonful of sugar; simmer all very gently for five or six hours; then strain and set it to cool; remove the fat; add the macaroni or vermicelli, and give the whole a warm-up. Serve with a French roll or croustades. Italian paste may be prepared in the same manner.

## EGG BALLS FOR SOUP—UNDA KA GOLLAH.

Boil the eggs until quite hard; throw them into cold water; remove the white, and pound the yolks in a mortar, working them with the yolk of a raw egg to bind; roll them up firmly into small-sized balls, and boil them.

*Obs.*—Salt, pepper, cayenne, chopped parsley, and flour may be added.

## BEET-ROOT SOUP—OR CHUCHUNDA OR CHUKUNDA KA SOUP.

Boil two roots of large-sized beet ; rub off the skin with a towel, and mince finely with two or three onions. Add five pints of good rich stock ; then stir in three table-spoonsful of vinegar, and one of moist sugar ; let it boil. If not thick enough, add a little arrowroot or flour. Throw in some real force-meat balls, rolled in flour.

## LEEK SOUP—OR BELATEE PIAZ KA SOUP.

Prepare a sheep's head, by scalding the hair off very nicely ; split it in two ; take out the brains, and put it into three quarts of boiling water ; add twelve leeks, or the same number of white onions, cut small, and simmer very gently for four hours. Mix smoothly, with cold water, as much flour or ground-rice as will make the soup tolerably thick ; mix it with the soup, and continue stirring till the whole is well done ; season to taste, and serve hot.

## MULLIGATAWNEY SOUP.

. Take four or five onions, and four cloves of garlic, slice them very fine, and put them into a stewpan, with a quarter of a pound of butter. Take two chickens or a rabbit, a fowl, some beef or mutton, and cut them as for fricassee ; season with a little white pepper ; lay the meat upon the onions ; cover the stewpan closely, and let it simmer for half an hour. Having prepared the following ingredients, well ground, or pounded in a mortar, add them, with two quarts of clear gravy, and let it simmer for half an hour, adding during the last five minutes the juice of a lime, with a little flour or arrowroot.

*Ingredients.*

Turmeric, or huldie	... 1 Tolah.	Salt, or neemuck	... 1 Tolah.
Cayenne, or lal marich	... 1 Massa.	Fenugreek, or meethee	... $\frac{1}{2}$ Tolah.
Coriander Seeds, or dhunia	4 Tolahs.	*Curry pak leaves, or kurria phool	
Black Pepper, or kala gole		ka pata, 4 or 5 leaves to be added	
marich	... 1 Tolah.	while boiling.	

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\* Native name, kodia neem.

## ANOTHER WAY.

Cut up a large fowl, or four pounds of the breast of mutton or veal cut into slices ; put the trimmings into a stewpan, with two quarts of water, a few corns of black pepper, and some allspice ; when it boils, skim it clean, and let it simmer an hour or more ; then strain it off ; take some of the bits of the meat, and fry them of a nice brown in butter, with three or four sliced onions ; when they are done, put the broth to them ; put it on the fire, skim it clear, let it simmer half an hour, then mix two spoonsful of curry powder, and a little flour or arrowroot, with a tea-spoonful of salt, and a sufficiency of stock to thicken the soup, and let it simmer gently, till the meat is quite tender ; and when it is ready, a few curry pak leaves, dried, may be added to flavour it.

## ANOTHER WAY.

Cut up a fowl in slices, with four large onions, and half a dozen cloves put into a stewpan, with two table-spoonsful of butter ; and when melted, and the meat and onions are nearly browned, add three table-spoonsful of curry powder, or the ingredients for No. 1, "with a tea-spoonful of salt and a cup of tyre," or two spoonsful of Bruce's Madras mulligatawney paste. Stew gently until a rich smell issues from the pan ; then add three pints of good broth, veal or mutton, and let it simmer for twenty minutes. Thicken with a little flour or arrowroot, mixed in cold broth or butter, with the juice of a lime, a few minutes before serving. A few "pak" leaves may be added.

## PEA-FOWL MULLIGATAWNEY.

Clean and cut up the bird ; separate all the joints ; put into a stewpan, with four quarts of water, a few corns of black pepper, and some allspice ; when it boils, skim it clean, and let it simmer for two hours ; then strain it off. Take some of the bits of meat, and fry them of a nice brown in butter, with three or four sliced onions ; when done, put the

broth to them, place it on the fire, skim it clean, let it simmer half an hour ; then mix the ingredients mentioned for muligatawney soup, or two spoonsful of curry powder, with a little flour or arrowroot, with a tea-spoonful of salt, and a sufficiency of water to thicken the soup, and let it simmer gently till the meat is quite tender, and it is ready. A few pak leaves may be added to flavour it.

#### MEAGRE SOUP.

Take a handful of cut nolecole, carrots, turnips, celery, or any other vegetables ; blanch, and fry them, with a large proportion of onions, in butter or ghee ; dredge with flour, and put them with fish stock, and let it simmer till the vegetables dissolve. Have ready bread or vegetable to put into the soup.

#### A MEAGRE ONION SOUP.

Slice, very thin, twelve large onions, one turnip, two carrots, and two heads of celery ; fry them in half a pound of butter until quite brown ; add four quarts of boiling water, four anchovies, or spoonful of anchovy sauce, four blades of mace, a few peppercorns, some salt, and two rolls of white bread, or a small loaf. Boil all together till reduced to a pulp ; strain, set it on the fire, skim and thicken with the yolks of six eggs, serve with fried bread or French roll.

#### ANOTHER SOUP MEAGRE.

Take six table-spoonsful of clean ghee, or melt the same quantity of butter in a stewpan ; add, sliced, three or four onions, a couple of heads of celery, two or three turnips, some cabbage, spinage, parsley, thyme, or any other herbs : set them over the fire to stew gently for half an hour ; then add by degrees two quarts of water, and simmer until the vegetables are quite tender ; season with mushroom catsup, pepper, and salt. Serve with slices of toast at the bottom of the tureen.



## ONION SOUP—OR PIAZ KA SOUP.

Chop up six or eight fine onions ; put to them a couple of table-spoonsful of butter or ghee. Put them into a stewpan, stir them occasionally, but do not let them brown ; when tender, add one quart of stock, season with salt and pepper to taste. Then strain the soup, and add a quarter of a pint of cream or rich buffalo milk, warm, and serve.

## OYSTER SOUP—OR CASTOORA KA SOUP.

Prepare meat, vegetable, or fish stock, and season it well without salt. Boil down a few oysters for thickening, and, if necessary, some white meat or fish, and panada farce may also be made of the fish. If the oysters are very large, they must be cut in two, as everything in the soup should be nearly the same size ; rub the thickening through a tam-mis, with a little of the soup ; every quart of the soup will require about half a pint of oysters. All fish soups may be flavoured with ketchups, anchovy, lemon pickle, soy, &c., &c.

## OX-TAIL SOUP—OR GOROO KA DOOM KA SOUP.

One tail is sufficient to make soup for four or five persons. Divide the tail at the joints, and soak them in warm water ; if the bones are partially sawed across, they will give more strength to the soup. Put into a stewpan the slices of the tail, and fry them a little ; then add a few cloves, with a couple of large onions, a bunch of sweet herbs, some black pepper, and a blade of mace ; cover the whole with water ; and as it boils, keep removing the scum whilst any rises ; then replace the cover close, and set the pot on the side of the fire to simmer gently for two or three hours until the meat is tender ; when remove and cut it into small pieces, laying them on one side ; strain the broth through a cloth or sieve ; add a glass of wine, with a couple of spoonsful of mushroom catsup, Harvey sauce, or one of soy ; return the meat into the soup, and give it a boil-up. If you wish the soup to be thick, take a couple of spoonsful of the clear fat that has

been removed ; mix it into a paste with flour, and add the warm broth by degrees ; stirring it quite smooth, and let it simmer for a short time ; or add a little arrowroot with the wine and sauce. Have ready some nicely cut carrots, turnips, and small onions, prepared and boiled previously, which add to the soup a minute or two before serving.

*Obs.*—Two or three slices of bacon or ham, laid at the bottom of the stewpan with the meat, will increase the flavour of the soup.

#### POTATO SOUP—OR ALOO KA SOUP.

Take two pounds of mealy potatoes, peel and cut them into slices, with a small onion ; boil them gradually with two quarts of good stock until quite soft, then pulp them through a cullender, add a small piece of butter, a little cayenne pepper and salt, simmer for five minutes, and serve with fried bread or toast.

#### MUTTER OR SPLIT PEAS SOUP.

Take a pint of split peas or mutter, steep them in cold water for an hour or two, put them into a saucepan, with a quart of water or stock, and boil them until they can be pulped through a sieve or coarse cloth ; then add to them some good broth that has been seasoned, with a little ham, or the root of a salted tongue and a head of celery, and boil together for a few minutes. Serve up with fried bread and powdered mint in a separate plate.

#### ANOTHER WAY.

Take lean bacon or ham (half a pound), cut into slices, water four quarts, split peas or dhal one pint, which have been soaked for two hours, one head of celery carrots, turnips, and onions sliced, two of each, add pepper and a little salt ; put the whole into a stewpan, and set it on the fire ; when it boils, take it off, then let it simmer by the fire three or four hours until the peas or dhal are quite tender, when serve with toasted bread.



## RICE SOUP—OR BHAT KA SOUP.

Take two ounces of rice, pick it clean, and wash it in several waters till no dirt remains. Blanch it in boiling water, and drain it. Then take some nice broth, season it well, throw the rice in, and let it boil; but not so as to be much done; for if it breaks, the appearance is spoilt.

## RHUBARB SOUP.

Peel and wash well four dozen sticks of rhubarb, blanch it in hot water three or four minutes, drain it on a sieve, and put it in a stewpan, with two ounces of lean ham and a good bit of butter. Let it stew gently over a slow fire till tender; then put in two quarts of good consommé, boil about fifteen minutes, skim off all the fat, add two or three ounces of bread crumbs, season with salt and cayenne pepper, pass it through a tammiss, and serve up with fried bread.

## SAGO SOUP.

Take four or five ounces of sago, wash it in warm water; then add to it two quarts of clear good stock; let it simmer until the sago is dissolved; when add for each quart of soup half a wine glass of mushroom catsup, with a table-spoonful of Harvey or Reading sauce. Season to taste with pepper and salt. Serve hot.

## TURNIP SOUP—OR SALGRAM KA SOUP.

Make a stock with either veal or mutton, only be cautious that it is clean and clear, not greasy. Let the turnips be only sufficiently boiled to rub smoothly through a tammiss, coarse cloth, or hair sieve; add a little sugar, and a sufficient quantity of arrowroot or pounded rice flour to thicken it; season with pepper and salt. Mushrooms, if fresh, may be boiled in the stock, but they must be of the button sort, or the stalks of Mushrooms very nicely cleaned.

## VEGETABLE MARROW, OR GREEN PUMPKIN SOUP.

Pare and slice four young vegetable marrows, or more if very small, and put them into two quarts of boiling white stock. When done almost to a mash, press them through a sieve; and at the moment of serving, add half a pint of boiling cream, with salt and white pepper to taste.

*Obs.*—Very small green sweet gourds or pumpkins may be used instead of vegetable marrows.

## PRAWN, CRAY-FISH, OR SHRIMP SOUP.

Prepare a stock of fish or meat, flavoured with an onion, some parsley, a little thyme and black pepper; to each quart allow a pint or more of fish that have been boiled in a little water with salt and vinegar; remove and save the shells, pound up one-half of the fish with the crumb of a roll, or the same quantity of panada, and moisten this with the liquor in which the fish were boiled, by first pouring it over the shells in a sieve, then add gradually the stock seasoned with some anchovy and lime-juice, or vinegar. If not thick enough, mix a pat of butter, rolled in flour or arrowroot; set the soup on the side of the fire, add the remaining fish, chopped to a proper size, with the tails of the cray-fish and spawn, if any.

## SEMOLINA SOUP.

To six ounces of semolina, add two quarts of stock and a blade of mace; keep stirring it to prevent its getting into lumps. Simmer gently for half an hour: season to taste, and serve.

*Obs.*—Soojee may be substituted.

## SHEEP'S HEAD SOUP—OR BHARKE KA CULLAH KA SOUP.

Skin and split the head, then take the brains out, and soak in water all night; put five quarts of water to it (after having taken it out of the water in which it was soaked), and boil up till the scum rises to the top, which must be taken

off; then add an onion, carrot, and turnip, and let it simmer for three hours, or till the meat is quite tender. Then take out the head, and thicken the broth with a little oatmeal, pearl barley, or rice flour, boiling it about ten minutes, and pour it over the head.

#### BEEF SOUP—OR GOROO KA GOSE KA SOUP.

Beef one seer, rice a quarter of a pound, potatoes, turnips, and onions, sliced, of each three; add pepper and salt. Boil in eight pints of water until the scum rises, which must be taken off; then simmer until it is reduced to six pints.

#### FORCE-MEAT OR FARCES

Are essentially necessary to some soups and most made dishes. The chief art in compounding them consists in due proportions of the materials employed, and the care taken to make them well, so that no particular flavour preponderates; much depends upon the savoriness of the dish, to which a zest is to be added; some only requiring a delicate farce, others a full and high seasoned. As Kitchener observes, "That which would be used for turkey would be insipid with turtle," therefore the great necessity of attending to the proper seasoning proportions and consistency.

When the force-meat is made of fowl, there is one-third fowl, one-third panada, and one-third of marrow, kidney fat, veal udder, or butter. This is the French method; but whatever kind of fat is used, the proportion is a third; the seasoning should be the same as that used in the dish, with the addition of a little cayenne and mixed truffle, or savory powder to raise it. When the proportions are made, they are all to be put in a mortar with the minced sweet herbs that have been cooked in butter, white pepper with spices, and pounded together with a raw egg, beat up and dropped in with a little water by degrees, until the whole forms a fine paste. Test it by rolling a little bit in flour, and poach it in

boiling water or the frying-pan ; if it is too stiff, put a little more water into the mortar, and beat it again ; and if too soft, add another egg, or more. The balls must never be made larger than a common marble, and should be either fried or boiled according to the sauce in which they are served ; previous to frying or dressing, roll them in a little fine flour.

White meats with ham, tongue, &c., are generally used for fowl, veal, rabbits, and sometimes for fish ; the proportions never vary, being always by thirds.

If two meats are used, such as fowl and tongue, these together only make one-third of the farce. Fish, fruit, or vegetables, the same. The balls when made may be kept in clarified dripping or butter, and warmed when required.

To prepare force-meat, take your meat, clean it from all sinews, cut it in slices, pound it in a mortar, and make into a ball ; then take a calf's udder and boil it ; when it is done, clean it nicely, cut it also into slices, pound it in a mortar, until it can be rubbed through a sieve. All that passes through must be made into a ball of the same size as the meat ; then make the panada as follows :—soak crumbs of bread well in milk, then drain off all the latter, and put them into a stewpan, with a little white broth ; then take a little butter, a small slice of ham, some parsley, a clove, a few shallots, a little mace, and some mushrooms ; put these in a stewpan, and fry them gently on the fire. When done, moisten with a spoonful of broth ; let it boil gently for some time, and drain the gravy over the panada through a sieve ; then place the panada on the fire, and reduce it, stirring it carefully. When dry, put in a small piece of butter, and let it dry further, adding the yolks of two eggs ; let it cool on a clean plate, and use as wanted, in the same proportions as the two other articles.

Crumbs of bread soaked in milk and strained, may be used instead of panada, and fat or butter for the calf's udder.

## FOR TURTLE, MOCK TURTLE, &amp;c.

Pound some veal in a marble mortar, rub it through a sieve with as much of the udder as you have veal, and about a third the quantity of butter. Put some bread crumbs into a stewpan, moisten them with milk or consommé, add a little chopped parsley and shallot; rub them well together in a mortar till they form a smooth paste. Put it through a sieve; and when cold, pound and mix all together with the yolks of three eggs boiled hard; season it with salt, pepper, and curry powder or cayenne; add to it the yolks of two raw eggs, rub it well together, and make into small balls. A few minutes before the soup is ready, put them in.

STUFFING FOR HARE—OR CHOOGARA, OR SIZAROO, OR JUNGLEE  
KHURGHOSE.

Take the liver, two ounces of beef suet, chopped fine, some parsley, a little thyme, or the peel of a ripe lime cut very thin and small, pepper, salt, and grated nutmeg, two table-spoonsful of crumbs of bread, a little milk, the white and yolk of an egg well beaten; mix the whole together, and take care that it is of a proper consistency; it must not be too thin; put it into the hare and sew it up; a shallot rubbed down smooth, or half a clove of garlic, will improve the flavour.

## FISH FORCE-MEAT—OR MUTCHLKE KA GOLALAH.

Take two ounces of lobsters, prawns, shrimps, oysters, or of any fish; clean and chop it up; put it into a mortar with two table-spoonsful of fresh butter, some bread crumbs soaked in milk, the yolks of two eggs boiled hard, one anchovy, some grated lemon peel, and parsley chopped fine; season with pepper, salt, and allspice, and bind the whole with the white and yolk of an egg, or more, if necessary.



## STUFFING FOR VEAL, TURKEY, FOWL, &amp;c.

Take four table-spoonsful of clean picked marrow or beef suet, the same quantity of bread crumbs, a tea-spoonful of chopped parsley, thyme, a small white onion, some nutmeg, grated lemon peel, pepper, salt, and the yolks of two eggs; mix it well in a mortar; when ready, secure it in the veal or poultry, either with a skewer, or sew it in with thread. If made into balls or sausages, roll them into a proper shape, dust them with flour, and fry them of a nice brown; they are an excellent garnish in this way for roast poultry, cutlets, &c. These may also be used with white sauce, but then the balls must be boiled; put them into boiling water, and a few minutes will do them.

## ANOTHER WAY FOR VEAL.

Take two or three ounces of beef suet, and the same quantity of crumbs of bread that have been moistened in milk; chop the suet very fine, together with parsley, marjoram, or thyme, grated lemon peel, ground mace, pepper and salt; pound these well in a mortar, and add a little butter, uniting the whole with the yolks of eggs. A shallot may be added.

*Obs.*—Ham, tongue, grated or potted, may be added to this farce to render it more savory.

## STUFFING FOR BOILED TURKEY.

Prepare the farce the same as for roast turkey. Clean a dozen or more of oysters, free from beard, and add to the stuffing; fill the bird with this, and sew it up nicely. It may be served with oyster sauce, parsley and butter, or plain melted butter; sometimes roast turkey and capons are stuffed with pork sausage meat.

## GOOSE OR DUCK STUFFING.

Chop very fine about two ounces of onions, of green sage leaves, about an ounce (both unboiled), four ounces of bread crumbs, the yolk and white of an egg, and a little pepper and salt.

## EGG BALLS—OR UNDA KA GOLALAH.

Boil four eggs for ten minutes, and put them into cold water; when they are quite cold, put the yolks into a mortar, with the yolk of a raw egg, a tea-spoonful of flour, the same of chopped parsley, a spoonful of salt, and a little black pepper, or cayenne; rub them well together, roll them into small balls (as they swell in boiling); boil them a couple of minutes.

## MATERIALS USED FOR FORCE-MEAT, STUFFING, &amp;c.

*Spirits of*

Common Thyme.	Lemon Thyme.	Orange' Thyme.	Sweet Marjoram.
Summer and	Sage.	Tarragon.	Chervil.
Winter Savory.	Basil.	Bay-leaf.	
Burnet.			

*Fresh and Green, or in dried powder.*

Truffles & Morells.	Allspice.	Dressed Tongue.	Capers & Pickles.
		Ham.	
Mushroom Powder.	Nutmegs.	Bacon.	(Minced or powdered).
Garlic.	Mace.	Shrimps.	Zest.
Soup Herb Powder.	Cloves.	Oysters.	
Leeks.	Curry Powder.	Lobsters.	
Lemon Peel.	Cinnamon.	Crabs.	
Onions.	Cayenne.	Prawns.	
Eschalot.	Ginger.	Anchovy.	
Savory powder.*	Black or White Pepper.		

*Substances.*

Flour.	Boiled Onions.	Mutton	Parboiled	Sweet-
Crumbs of Potatoes.	Parsley.	Beef.	bread.	
Mashed Potatoes.	Spinach.	Veal Suet or	Veal, minced and	
Yolks of Hard Eggs.		Marrow.	pounded, Potted	
		Calf's Udder or	meats, &c.	
		Brains.		

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\* Savory powder, dried parsley, winter savory, sweet marjoram, lemon thyme, of each two ounces; lemon peel, cut very thin and dried, and sweet basil, an ounce of each; pound the whole, and pass through a sieve, and keep in a bottle closely stopped.



*Liquids.*

Meat Gravy, Lemon Juice, Syrup of Lemons, Essence of Anchovy, the various Vegetables, Essence of Mushrooms, Catsup, the White and Yolks of Eggs, Wines, and the Essence of Spices.

## TO DRY SWEET HERBS.

In the highest state of perfection, they should be cut just before flowering, as they have then the finest flavour and perfume. Take care they are gathered dry, and cleaned well from dirt and dust. Cut off the roots, separate the bunches into smaller ones, and dry them in a warm place in the shade, or before a common fire; the sooner they are dried by these means their flavour will be best preserved rather than by drying them in the heat of the sun, which deprives them of their colour, the retaining which is the best test afforded of their being properly preserved; after which put them in bags, and lay them in a dry place. But the best way to preserve the flavour of aromatic herbs, is to pick off the leaves as soon as they are dried, and to pound them and sift through a fine sieve; keeping them in well-closed stopper bottles, with brown paper pasted round them.

## BROTHS.

## VEAL.

Take a knuckle of veal, wash it clean, and crack the bones in two or three places; put it into a stewpan, and cover with cold water; watch and stir it up well; the moment it begins to simmer, skim it carefully, then add a little more cold water to make the remaining scum rise, and skim it again; when the scum has done rising, and the surface of the broth is quite clear, put in, cut and cleaned, a moderate-sized carrot, a head of celery, two turnips, and two onions; cover it close, set it by the side of the fire, and let it simmer very gently (so as not to waste the broth) for four or five hours, according to the quantity of meat; strain through a sieve or tammis; if to keep, put in a cool place.

*Obs.*—This is the foundation of all sorts of soups, brown or white, made of beef, mutton, or veal.

#### CHICKEN BROTH—OR CHOTA MOORGHY KA SOORROOAH.

Clean and divide the chicken into quarters, after having removed the skin and rump; add a blade of mace, a small onion, sliced, and ten white pepper corns, with a quart of water. Simmer till the broth be sufficiently reduced, and of a pleasant flavour, remove the fat as it rises, season with salt; a little chopped parsley may be added.

#### TO CLARIFY BROTH.

Put on the broth in a clean saucepan, beat up the white of an egg, add it to the broth, and stir it with a whisk; when it has boiled a few minutes, strain it through a tammis or napkin.

Broth, if carefully skimmed, will be clear enough without clarifying, which, in a great degree, impairs the flavor.

#### POT-TOP

Is the fat skimmings of the broth pot, which, when fresh and clear, answer as well as butter for basting all meats, with the exception of game and poultry; but if used for common frys, &c., require to be clarified.

#### POT LIQUOR

Is that in which poultry or meat has been boiled, and may be easily converted into a plain wholesome soup, with the addition of the trimmings and parings of meat, game, or poultry, that you may happen to be using.

#### MUTTON BROTH FOR THE SICK.

Take a pound and a half of the neck or loin of mutton, remove the skin and fat, and put it into a saucepan, cover it with cold water, a quart to a pound of meat, let it simmer very gently, and skim it well, cover it up, and set it over a

moderate fire, where it may remain gently stewing for about an hour, then strain it off. It should be allowed to become cold, when all the fatty particles floating on the surface become hard, and are easily taken off, the settlings falling to the bottom.

#### MUTTON BROTH.

Take two pounds of mutton ; put it in a stewpan, and cover it with cold water ; when the water becomes lukewarm, pour it off, skim it well, and then put it back with four pints more water, a tea-spoonful of salt, a table-spoonful of grits or coarse flour, and an onion ; set it on a slow fire, and when you have removed the seum, put in two or three peeled turnips cut in half, let it continue to simmer slowly for two hours, and strain through a clean cloth or sieve.

*Obs.*—You may thicken this broth with rice flour, rice, pearl barley, wheat flour, sago, or arrowroot. Sprinkle a little chopped parsley into it.

#### SHEEP'S HEAD BROTH—OR BHAREE KA CULLAH KA SOORROOAH.

Scald the head in hot water, and scrape off all the hair with a sharp knife ; when cleared of the wool, divide it like a calf's head, then put it into the saucepan with water sufficient to cover it, a couple of onions, a little vinegar and some salt ; as the seum rises, take it off. When the water begins to boil, let it afterwards only simmer until the head is thoroughly done. Set the broth to cool, remove all the fat, and strain it, then put it over the fire with an onion quartered, a carrot cut into slices, a small turnip, and a little parsley. The moment it boils sprinkle in one quarter of a pound of rice, washed and dried. Season to your taste, and let the soup stew until the rice is done. The same quantity of pearl barley may be substituted for rice ; if a thick barley soup be desired, add a little arrowroot or a mashed potato.

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## CHAPTER IV.

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### FISH.

FISH of every kind are in the best season some time before they begin to spawn, and are not good for some time after they have done spawning.

Sea fish should be boiled in clear water, to which salt must be added in the proportion of two table-spoonsful to a gallon. To make your fish firm and to keep it of a good colour, always boil it in clear fresh water, and be careful that it is nicely cleaned and washed, and that no particle of blood remain about it; then put it into the kettle with salt and water, a little vinegar or lime-juice, and as soon as it boils fast, remove any scum that may appear, and slacken it, letting it boil gently so that it may be done throughout, else the outside will be done too much, whilst the inside will be raw. The time it will take to boil must depend upon the size of the fish, and the cook here must be the judge. Fish should never be kept in the water after it is once ready, but removed, and kept warm by steam; this may be done by placing it in a cloth over the kettle, or else in a dry stewpan in a Bain Marie; by these means only can its flavour and quality be preserved.

The pomplet, black and white, is the most esteemed on the western coast of India, and is not unlike a small turbot, but of a more delicate flavour. The black seems to be considered by epicures as the finest. The other fish are tockore (scarce), sabb or salmon fish, robal, the scer fish, mullet, soles; and some others are very good. The bumbalo is the favourite

with the natives, and is caught in immense numbers; they are dried for consumption as well as the pomplet, and furnish a principal article of food. Cray-fish, crabs, oysters, limpets, prawns, and other shell-fish are caught in great abundance. Turtle are sometimes brought to market from the adjacent islands.

In Caleutta, fish are plentiful at particular seasons, and are most abundant at the latter end and commencement of the year, when the following are procurable: beektee, topesee or mango fish, moonjee or mullets, rooe, eutla, mirgael, shoil, salleah, baunspattah, quoye, mangoor, cochea, or eels, pairsah, byne, khankeelah, bholia, singhee, phankal, changora, ehingree or prawns, kaikra or crabs, turtle, and others of inferior note.

#### TO PRESERVE.

See that your fish is perfectly fresh; clean and dry it well, then rub a little moist sugar and salt over the throat, fins, and belly, hang it up in a cool place with a cloth round it. Fish also cut into strips and hung out in the sun to dry, after being rubbed with sugar and salt, will keep for a length of time, provided they are not allowed to get damp. Two spoonfuls of sugar, with a little salt, are sufficient for a fish of eight or ten pounds. If to be kippered, a little saltpetre is to be mixed into the sugar, and to be rubbed, finished, and hung as other kippers.

#### PICKLE FOR ANY SMALL FISH.

Take any small fish, make a good strong mixture as follows:—Put into a stone pan or jar a layer of fish, and then one of the mixture, and so on alternately to the top, two pounds of salt, three ounces of bay salt, one pound of saltpetre, two ounces of prunella, with a few grains of cochineal; pound all in a mortar. The fish should be nicely cleaned and wiped dry before salting; press them down hard, and cover close.



## TO BROIL.

Clean your fish well, cut it into slices, or divide it in half if necessary, dry it thoroughly in a clean cloth, rub it over with sweet oil, or thick melted butter, and sprinkle a little salt over it; put your gridiron over a clear fire at some distance; when it is hot wipe it clean, rub it with sweet oil or lard, lay the fish on, and when done on one side, turn it gently and broil the other; when in a hurry, dry and flour the fish and chalk the gridiron, and when there is any disposition to stick, loosen them with a knife, turn them, rubbing the gridiron clean.

## BATTER FOR FRYING FISH.

Beat up two eggs in half a pint of milk; add to this six table-spoonsful of flour, and mix the whole together gradually; dip the fish in it just before putting into the frying-pan. This batter is better for being prepared an hour or two before required; beat it up again previous to the fish being dipped into it; or dip the fish in milk, and shake it, whether whole or in slices, in a floured cloth, and put them into the frying-pan well covered with fat—pot-top is the best, giving a finer colour than oil or any of the other fats; when they are done, place them on a hot cloth or sieve to drain.

## NATIVE BATTER FOR FRYING FISH.

Clean the fish well, then take either some of the flour of gram, rice, or mussoor (dholl), mix in it some garlic, onions, green ginger, and salt well pounded, also some tyre and turmeric, which apply to the fish, and fry it in ghee.

## TO BAKE.

Force any sized carp or fish with high seasoned farce, brush it over with egg and butter, lay in a deep dish, and strew in sweet herbs and spices, some chopped anchovies or essence, with wine and stock. Baste it with this while baking, and when ready, take the sauce and reduce it over



the fire ; add tarragon or lemon vinegar, cayenne and salt, with a little sugar, according to the size or quantity.

#### ANOTHER WAY.

After having well cleaned your fish, brush it all over, inside as well, with egg and butter ; then sprinkle it with salt, pepper, and pounded allspice, and some chopped sweet herbs, such as you can procure ; roll the fish nicely up in plantain leaves, and tie them round ; put in a deep dish and bake.

*Obs.*—Murrell and marsaier may be dressed in any of the above ways, or indeed all our fine Indian fresh-water fish.

#### FISH PIE—OR MUTCHLKE KA PIE.

Take the remains of cold cod, or any other fish, one dozen oysters, with sufficient melted butter or ghee to moisten it ; place a layer of mashed potatoes in the bottom of a pie dish ; separate the fish from the skin and bones carefully ; then lay it on the potatoes, with the oysters spread on the top ; season with pepper and salt ; spread over the whole a little butter, and cover with mashed potatoes. Bake and send to table a fine brown colour.

#### WATER SOUCHY

Is a mode of dressing fresh-water fish of almost every description ; indeed other fish, such as soles, flounders, pomplet, &c., may be similarly dressed. They must be fresh, cleaned, and trimmed. Put them whole in a stewpan, and cover with water, if small ; if large, they must be cut in pieces ; boil all the parings ; add parsley leaves and roots cut into shreds ; season with pepper and salt : skim it carefully when it boils ; take care the fish is not overdone ; nothing else is to be put into it, as its excellence rests in its simple cookery. Send it up in a deep dish or tureen with its gravy, which should be rich and clear, and serve with brown bread and butter.

## CARP—OR QUOYE.

This fish is generally procurable in the large rivers, mostly all the year round, which they leave at the commencement of the rains to spawn, and are found in the gravelly beds of the tributary streams of a very large size.

## BAKED CARP.

Clean your fish very nicely ; stuff it with savory force-meat ; and sew it up to prevent the stuffing falling out. Brush it over with egg, and sprinkle with bread crumbs, and drop a little melted butter or ghee over them. Lay it in a deep earthen dish ; take half a pint of stock, a couple of sliced onions, some sweet herbs, half a pint of claret, or other French wine, with a tea-spoonful of anchovy sauce ; put this with the fish, and bake for one hour ; strain the liquor from the fish, and thicken it with flour rolled in butter ; stir it frequently whilst boiling ; and when done, add the juice of a lime, half a tea-spoonful of sugar, pepper, and salt to taste. Serve the fish with the sauce around it, or separate in a butter-boat.

## TO BOIL.

Scale and clean your carp, reserving the liver and roe ; take half a pint of vinegar or more, according to the size of your fish, add as much water as will cover it, a little horse-radish root (the mooringa), an onion or two cut into slices, a little salt, and some thyme, marjoram, or other sweet herbs ; boil the fish in this liquor, and make a sauce as follows :—Strain some of the liquor the fish has been boiled in, and put to it the liver minced, a pint of port wine or claret, two or three heads of shallots chopped, or young green onions, a table-spoonful of anchovy sauce, or else two anchovies pounded, some salt, black pepper, and cayenne, and a table-spoonful of soy. Boil and strain it, thicken it with butter rolled in flour, and pour over the carp hot. Garnish it with the roe fried, cut lemon, and parsley.

*Obs.*—Carps are not so fine flavoured when full of roe: they are then considered out of condition.

#### CARP ROES.

Put your roes into fresh water for half an hour, change the water, and let them be placed on the side of the fire to whiten, then put them into another sancepan, with boiling water and a little salt, let them boil and take them off the fire. Have in another pan four or more spoonsful of well-seasoned stock. Put in the roes, let them simmer up once or twice, skim, thicken with a little flour, and squeeze a little lime-juice over them. Serve hot.

#### TO STEW. .

When the fish has been properly cleaned and washed, lay it in a stewpan, with half a pint of port or claret, and a quart of good gravy, a large sliced onion, some dozen or so of whole black pepper, the same of allspice, and a few cloves or a bit of macc; cover the fish-kettle close, and let it stew gently for twenty minutes, or according to the size of the fish. Remove the fish, and put it on a hot dish, strain the liquor, and thicken it with flour, and season it with pepper and salt, anchovy sance, mushroom catsup, and a little chilli vinegar; give this a boil-up, and pour it over the fish. If there be more sauce than the dish will hold, send the rest up separately.

#### EELS—OR COOCHEEAH.

There are of this kind of fish two descriptions; a long-pointed-nosed eel, and a round-mouthed one. The latter is esteemed most by the natives, and sometimes is so fat as to be disagreeable and rancid; the other is never so.

#### TO FRY.

Clean them well, cut them into pieces of three or four inches long, and then score across in two or three places.

Season with pepper and salt, and dust them with flour, or dip them into an egg nicely beaten up, and sprinkle them with finely-grated egg-crumbs; fry them in fresh lard, dripping, or ghee, and let them dry before the fire. Dress the roe in the same way.

## TO BROIL.

After they are cleaned and prepared, score and dip them into melted butter; sprinkle over them finely-minced parsley, mixed with pepper and salt and crumbs of bread; curl and broil them.

## TO BOIL.

Clean them well; skin, wash, and cut off their heads; curl and put them in boiling salt and water with a little vinegar; garnish with parsley sauce, parsley, and butter.

## SPITCH-COCK.

Prepare them as for frying, adding chopped parsley with the egg and crumbs, broil them over a clear fire, or fry them. The sauce is melted butter and parsley, or catsup in melted butter.

## TO STEW.

Clean and skin the eels, wipe them dry, and cut into pieces about four inches long; take two onions, a bunch of parsley and some thyme, a little mace, pepper, and a pint of gravy, and two glasses of port wine and the same of vinegar; let all boil together for ten minutes; take out the eels, reduce the sauce a little; strain and thicken with a little flour mixed in water; add two spoonfuls of mushroom catsup, and one of essence of anchovies; put in the eels and stew gently till tender.

*Obs.*—Eels may be roasted with a common stuffing, if large.

## EEL PIE—OR COOCHIEKAH KA PIE.

Take your eels, skin, wash, and trim off the skin; cut them into pieces three inches long, and season well with

pepper and salt (leave out the heads and tails.) Add a little clear broth and cover it with paste; rub the paste over with a paste brush, or feather dipped in the yolk of an egg; bake it, and when done, make a hole in the centre, and pour in through a funnel the following sauce:— The trimmings boiled in half a pint of white stock, seasoned with pepper, salt, and lemon-juice, thickened with a little butter rolled in flour; strain, and add it boiling hot.

### COD FISH.

#### TO BOIL.

After it has been perfectly cleaned, tie it up, and dry with a cloth; put a good proportion of salt in the water, and lemon-juice; when it boils remove the scum, lay in the fish, and keep it boiling very fast for twenty or thirty minutes. Serve with the roe cut in slices and fried; garnish with parsley and horse-radish sauce, melted butter, oyster, or anchovy and butter. Mustard is used by some persons.

#### TO STEW IN SLICES.

Cut the fish either in fillets or slices; fry them either white or brown, and add equal quantities of rich stock, and white or red wine, a large spoonful of butter rubbed in flour, some spices, sweet herbs, and salt; lay in the fish, and let it stew very slowly. When there is just time to cook some oysters, put them in with their juice. If brown, add a little catsup; if white, a little lemon; garnish with parsley, the roe, liver, lemon, or pickled cucumber.

*Obs.*—Or as stewed eelp they may be dressed.

#### TO CRIMP.

Cut a fresh eel into slices or steaks, lay them for three hours in salt and water, adding a glass of vinegar, when they may be boiled, fried, or broiled.

*Obs.*—Any other large fish may be done in the same way.

## COD SOUNDS.

Wash them well several times ; pull off all the black and dirty skin ; blanch or soak them in warm water till cold ; then boil in milk and water, and serve on a napkin with egg sauce.

## TO ROAST OR BAKE.

Prepare as for boiling, only they must not be quite done. When cold, make a force-meat of bread-crumbs, butter, salt, nutmeg, white pepper, and some chopped oysters ; and beat up the yolks of two eggs to bind it. Lay over the sounds, roll them up, and fasten with a small skewer ; baste them with melted butter, and roll them in finely-grated bread-crumbs, with pepper and salt ; roast them in a Dutch oven, or bake them ; turn and baste them with melted butter, and strew over them bread-crumbs as before. When done, and of a nice brown, serve them with oyster sauce, in a dish.

## TO BROIL.

After boiling them as above, drain and dust them with flour, rub them over with butter, season with white pepper and salt, and broil them. Serve with the following sauce put over them : a table-spoonful of catsup, half a one of soy, and a little red pepper, with melted butter ; heat and pour over them.

## CRABS—OR CAKRAH.

On the Western Coast, they are only of a middling size, and not much esteemed : inland, they are miserably small, and seldom worth the dressing for table.

## TO BOIL CRABS OR LOBSTERS.

Wash them well, tie their claws, and put them on in boiling water and salt. Boil for twenty minutes or half an hour, according to their size ; rub them over with a little ghee or butter, and lay them upon their claws till they become cold.



## DRESSED CRABS.

After the crabs are boiled, break the claws, pick out all the meat from them and the breast, taking the roc along with a little of the inside. Keep the shells whole, mince up the meat, season it with grated nutmeg, pepper, salt, and wine; mix in some bread-crumbs and butter, according to the size of the crab; put it in a saucepan to heat, stirring it all the time. When thoroughly heated, fill the shells, but see that they have been washed clean; put a little of the puff paste round the edges. Brown them in an oven.

## HOT CRAB.

After the crab has been boiled, pick out the meat from the shell, sprinkle it with nutmeg, salt, and pepper to taste; cut it up, and add bread-crumbs in proportion, with a little vinegar and butter; mix all together, put the whole into a large shell or dish, and brown before the fire.

## TO BUTTER CRABS, LOBSTERS, OR CRAY-FISH.

Pick all the meat from the bodies and claws, mince it small, and put it into a saucepan, with two or three table-spoonsful of white wine, one of lemon pickle, and three or four of rich gravy, a little butter, salt, pepper, and grated nutmeg; thicken with the yolks of two eggs beaten up, and when quite hot, put into the shells. Garnish with an edging of bread.

## CUTLETS OF CRABS OR LOBSTERS—OR CAKRA KA CUTLETS, OR CHINGREE KA CUTLETS.

Take out all the meat of either a large crab or lobster, mince it, and add to it two ounces of butter which has been browned with two spoonsful of flour, and season with a little pepper, salt, and cayenne. Add about half a pint of strong stock; stir it over the fire until quite hot; put it in separate table-spoonsful on a large dish; when cold, make

them into the shape of cutlets, brush over them the beaten yolks of eggs, dip them into grated crumbs, and fry them of a light brown colour, in clarified ghee or beef dripping; place them on a dish, with a little fried parsley in the centre.

#### ACIDULATED SAUCE FOR FISH.

Beat up the yolks of two eggs, with a wine-glass of vinegar, add a little salt, and place it in a stewpan over the fire; thicken it with butter rolled in flour, stir it constantly, but do not let it boil; when thick enough, take it off, and add the juice of half a lime. Should it curdle, it must be strained through a cloth or sieve.

#### SALT-FISH PIE—OR NONAH MUTCHLEE KA PIE.

The thickest part must be chosen, and put in cold water to soak the night before wanted; then boil it well, take it up, take away the bones and skin; and if it is a good fish, it will be in fine layers; set it on a fish drainer to get cold. In the meantime, boil four eggs hard, peel and slice them very thin, the same quantity of onion, sliced; then line the bottom of a pie dish with force-meat, or a layer of potatoes, sliced thin; then a layer of onions, then of fish and of eggs, and so on till the dish is full; season each layer with a little pepper; then mix a tea-spoonful of made mustard, the same of essence of anchovy, a little mushroom catsup in a gill of water; put it in the dish; then put on the top an ounce of fresh butter, cover it with puff paste, and bake it one hour. All fish for making pies should be dressed first; this is the most economical way, as what is boiled one day will make excellent pies or patties the next; if you intend it for pies, take the skin off, and the bones out, lay your fish in layers, and season each layer with equal quantities of pepper, all-spice, mace, and salt, till the dish is full.

Cod sounds for a pie should be soaked at least twenty-four hours, then well washed and put on a cloth to dry; put in a

stewpan two ounces of fresh butter, four ounces of sliced onions, fry them of a nice brown, then put in a small table-spoonful of flour, and add half a pint of boiling water. When smooth, put in the cod sounds, and season them with a little pepper, a glass of white wine, a tea-spoonful of essence of anchovy, and the juice of half a lemon; stir it well together, put it in a pie dish, cover it with paste, and bake it one hour.

*Obs.*—Cod sounds are seldom brought to India, unless by order; they are packed salted in small kegs, and keep very well. They cost in England from seven to ten shillings the keg. The sounds require washing and soaking previous to being boiled or dressed, and are served with egg sauce over them.

#### LOBSTER, OR CHINGREE, OR CRAY-FISH SALAD.

Boil four eggs hard; when quite cold, carefully open and take out the yolks; mash them with a fork; then add two tea-spoonsful of mustard, and the same quantity of salt, some white pepper, and a little red; mix these well together; then add four dessert-spoonsful of vinegar, and one of lemon pickle; to this mixtnre, when quite smooth, add the spawn of the fish, and half a pint of cream. Cut the meat (of the boiled fish) into bits, and stir it in the sauce with a white onion nicely minced. Cut your lettuce with any other salading, and place upon the lobster, and garnish with the whites of the eggs, sliced.

#### MURRELL, BAKED.

Make a stuffing of bread-crumbs, snet, parsley, lime or orange peel, and eggs; fill the inside of the fish; dredge it well with flour, and place it in a deep dish. Pour in at the side a teacup of rich gravy, with a table-spoonful of vinegar, a lump of fresh butter, some pepper and salt; put the whole into a tolerably brisk oven, and baste the fish with some of the gravy while baking, or roast it in a degchee.

*Obs.*—The fish may be tied up in a plantain leaf and

baked, being smeared over with butter previous to dredging it with flour.

### SALMON

Is brought to India from Europe and America, hermetically sealed, pickled, and salted. The fresh salmon in canisters may be eaten either cold or hot. After opening the canister in which the salmon remains, if you intend serving it hot, pour off all the gravy, and save it for sauce; put the canister into a saucepan of water and let it boil. When the salmon is warm, turn it carefully out on a napkin and serve. Prepare the sauce by adding a little milk and a roll of butter, with a sufficiency of arrowroot or flour to thicken; anchovy sauce may be added, but it is better left for persons to help themselves. Cold salmon merely requires to be turned out of the canister, and served garnished either with fennel or sprigs of parsley. Hot salmon, when either whole or in large pieces, is usually served with lobster or shrimp sauce, and cucumber sliced raw and dressed with pepper, salt, vinegar, and oil.

### SALMON, BOILED.

Put on a fish-kettle with fresh water enough to well cover the salmon you are going to dress, or the salmon will neither look nor taste well (boil the liver in a separate saucepan); when the water boils, put in a handful of salt, take off the scum as soon as it rises; have the fish well washed, put it in; and if it is thick, let it boil very gently, about a quarter of an hour to a pound of salmon.

*Obs.*—The same with all other large fish.

### FRESH SALMON, BROILED.

Clean the salmon well, and cut it into slices about an inch and a half thick, dry it thoroughly in a clean cloth, rub it over with sweet oil, or thick melted butter, and sprinkle a

little salt over it. Put your gridiron over a clear fire at some distance; when it is hot, wipe it clean, rub it with sweet oil or lard, lay the salmon on; and when it is done on one side, turn it gently and broil the other.

#### SARDINES

Are found in great abundance all along the Malabar Coast. They are taken in casting-nets. The Portuguese at Goa preserve them by drying; they are also fried like other small fish, in ghee, butter, oil, or crumbs of bread mixed with the yolk of an egg. The sardines in canisters imported from France are preserved both in oil and butter; the former is generally preferred, as the latter acquires soon after opening a rancid flavour; before eating, they require washing in warm water, or may be fried in plantain leaves, or dressed in a light batter, and served hot.

#### POTTED PRAWNS.

Let the fish be quite freshly boiled, shell them quickly; and just before they are put into the mortar, chop them a little with a very sharp knife, pound them perfectly with a small quantity of fresh butter, mace, and chillies.

#### PRAWNS, TO DRESS.

Boil them in plenty of water, add salt in the proportion of a tea-spoonful to a quart, put them in when it is boiling, clear off all the scum quick as it rises; they will be done in from six to eight minutes; turn them into a colander or sieve, and drain them well; spread them on a dish to cool, and keep in a cool place until they are served.

#### SHRIMPS.

##### TO BOIL.

This is a simple process. It is not generally known to housewives, being usually performed before the articles are offered for sale. Prepare a saucepan of water, and let it



boil briskly; throw in a couple of handfuls of salt, and stir it; and after removing the scum, throw in the prawns or shrimps; they will speedily be done enough, and float to the surface; take them up, and empty the whole into a colander; as soon as the water is drained off, wrap them in a dry cloth, throwing amongst them a good sprinkling of salt whilst hot; cover them up, and allow them to remain until cold.

## TO POT.

When boiled, take them out of their shells, and season them with salt, white pepper, and a very little mace and cloves; press them into a pot; lay a little butter over them, and bake in a slow oven for ten minutes; when cold, cover with clarified butter or melted beef suet.

## FILLETED SOLES.

Skin and carefully wash the soles; divide each into four fillets; separate the meat from the bones; and steep the fillets for an hour in lemon-juice; then brush them with white of egg, sprinkle with bread-crumbs, salt, pepper, and grated nutmeg, and a little finely-chopped parsley; fry them in butter of a fine brown colour; and serve with melted butter, or any other fish sauce.

## VOL-AU-VENT.

For making these, use brioche or puff paste; roll it half an inch in thickness, and cut the vol-au-vent, either according to the shape of your dish, or with a fluted cutter about two inches in diameter; having ready a baking sheet, sprinkle it over with water, and put your vol-au-vents on it; egg them over with a paste brush; cut the tops round, with the point of a knife or cutter, dipped in hot water, making a ring upon the top of each, but not deep; then bake them in a hot oven, which will take from fifteen to twenty minutes; take them out, and remove the top carefully (without break-



ing), as also the soft inside, leaving them quite empty, when they are ready for use.

*Obs.*—These may be filled with preparations of fish, roes, oysters, lobsters, game, &c. ; but if made for sweet dishes, they must be glazed with pounded sugar, in which you may place cream, marmalade, plums, &c.

#### OYSTER PATTIES—OR CUSTOORAH KA PATTIE.

Roll out puff paste a quarter of an inch thick; cut into squares with a knife; sheet eight or ten patty pans; put upon each a bit of bread the size of half a walnut; roll out another layer of paste of the same thickness; cut it as above; wet the edge of the bottom paste, and put on the top; pare them round to the pan, and notch them about a dozen times with the back of the knife; rub them lightly with the yolk of an egg; bake them in a hot oven about a quarter of an hour. When done, take the thin slice off the top; then, with a small knife or spoon, take out the bread and the inside paste, leaving the outside quite entire. Then parboil two dozen of large oysters; strain them from their liquor; wash, beard, and cut them into four; put them into a stewpan, with an ounce of butter rolled in flour, two table-spoonsful of good cream, a little grated lemon-peel, the oyster liquor, free from sediment, reduced by boiling to one-half, some cayenne pepper, salt, and a tea-spoonful of lemon-juice; stir it over a fire for five minutes, and fill the patties.

*Obs.*—Hermetically-sealed oysters may here be used, first seasoning the gravy with nutmeg, pepper, and salt, and thickening it with a little butter rolled in flour or arrow-root.

#### OYSTERS, TO SCOLLOP.

Allow a dozen for each shell, and more if very small; wash them in their own liquor; cook them with small button or minced mushrooms, parsley, shallot, and some

whole pepper; brown and dust in a little flour; add the liquor of the oysters and stock, and reduce them to a sauce. Take it off the fire; put in the oysters; to these add the juice of the lemon; fill the shells; cover with crumbs and butter; put them into the oven till of a fine colour; dish and serve. They may be served in their own shells and broiled; or, for boiling, blanch them in their own liquor; do not let them boil; pour it off, and add a bit of butter, pepper, minced parsley, and shallots; fill the shells as above, and broil them.

## ANOTHER WAY.

Stew the oysters slowly in their own liquor for two or three minutes; take them out with a spoon, beard them, and skim the liquor; put a bit of butter into a stewpan; when it is melted, add as much fine bread-crumbs as will dry it up; then put to it the oyster liquor and give it a boil-up. Put the oysters into scollop shells that you have buttered and strewed with bread-crumbs; then a layer of oysters, then of bread-crumbs, and then some more oysters; moisten it with the oyster liquor; cover them with bread-crumbs; put little bits of butter on the top of each, and brown them in an oven.

*Obs.*—Essence of anchovy, catsup, cayenne, grated lemon-peel, mace, and other spices, &c., are added by those who prefer piquance to the genuine flavour of the oyster.

## OYSTER CUTLETS—OR CUSTOORAH KA CUTLETS.

Clean and beard the oysters; dip them in butter or a beaten egg; crumb them over, and fry to a nice brown colour, either in ghee or beef dripping.

## PETITS VOL-AU-VENTS AUX HUITRES.

Prepare your vol-au-vents; put a ladle of white sauce into a stewpan, with a little less in quantity of the liquor from the oysters, a tea-spoonful of the essence of ancho-

vies, a small blade of mace, two or three peppercorns, and boil the whole down till thick; have ready two dozen moderately-sized oysters, blanched and bearded; if large, divide them into four; remove the mace and peppercorns, throw in the oysters with a little salt, sugar, and lime-juice; make it just warm over the fire, for if allowed to boil the sauce will be thin, and the oysters hard; fill the vol-au-vents, and serve on a napkin.

#### OYSTER FORCE-MEAT, FOR STUFFING TURKEY.

Put some finely grated bread-crumbs into a basin, with an ounce and a half of suet, a few sweet herbs, a little parsley, all finely mixed; grated nutmeg, salt and pepper to taste. Mix all together; beard a dozen fine oysters; chop them up, but not too small; add them to the other ingredients, with the yolks of two eggs. Mix all together till smooth, and stuff the turkey, but not too full.

#### RISSOLES AUX HUITRES.

Prepare some puff paste; roll it out several times as thin as a wine-glass; and cut it out with a tin-cutter about four fingers in diameter; lay about a tea-spoonful of the following preparation on each piece; wet the edges round, and turn one edge over on the other; close it well; then egg and bread-crumb them, and fry in plenty of ghee or lard for about five minutes.

Take two dozen oysters (save the liquor), and divide them into four. Put a dessert-spoonful of chopped onions into a stewpan with the same quantity of butter over the fire; fry them, but do not let them brown, then add a tea-spoonful of flour, with three table-spoonsful of oyster liquor and eight of white sauce; boil it until thickish; season with a little cayenne, salt, and nutmeg; stirring it the whole time; then add the oysters with the beaten yolks of

three eggs; and keep stirring until the eggs have set, when immediately turn the whole into a dish to cool.

#### AIGUILLETES AUX HUITRES.

Make the same preparation of oysters as for rissoles aux-huitres, on thickening the sauce with an extra egg. Form them into thin croquettes; roll them in egg and bread-crumbs; place them on small skewers, egg and bread-crumbs them again; fry them in hot ghee, and serve with crisp fried parsley.

#### PETITS PATES OF SORTS.

Roll out some puff paste about one quarter of an inch thick; cut out as many pieces as you please with a fluted cutter or a thin claret glass; mix the remainder of the paste, and roll it out half as thick as the former, and cut out the same number; rub a baking sheet over, with a brush dipped in water, and lay the pieces separately upon it; then lay some force-meat in the centre, which may be seasoned with curry powder, or fowl, game, fish, lobster, or oysters, as you may choose; then cover them over with the pieces of paste first cut; press the edges evenly round, and mark them with the edge of a knife or small spoon. Brush the tops only over lightly with a little yolk of egg; put them into a hot oven, and bake for twenty minutes.

#### PETITES BOUCHEES

Are made in the same way as the petits vol-au-vents, but the paste must be rolled out only half the thickness, and the cutter should be fluted, but not larger than a Company's rupee; they require the oven a little hotter than the vol-au-vents.

*Obs.*—They may be filled as the last.

## PETITES BOUCHEES A LA PUREE DE VOLAILLE.

Take half a pound of the flesh of any description of poultry ; cut it into small pieces, and pound it well in a mortar, with a small quantity of lean ham, only sufficient to flavour it ; put about half a tea-spoonful of finely-chopped onion, or one of eschalots, into a stewpan, with half an ounce of butter ; shake it over the fire, and stir it well ; then thicken it with a little flour or arrowroot ; then add the pounded meat, previously mixed, with four table-spoonsful of white sauce and half a pint of rich stock ; boil the whole well, seasoning it with white pepper, salt, and sugar ; pass it through a tamis by rubbing it with a spoon ; then put it into another stewpan, and warm it with a spoonful or two of liaison ; fill the bouchées, and serve hot on a napkin.

## PETITES BOUCHEES DE GIBIER.

Make some good rich sauce with any game ; put about half a pint into a stewpan ; then cut up into small squares the flesh from the breast of a floricane, partridge, or rock pigeon, that has been dressed ; sprinkle it slightly with arrowroot ; throw it into the sauce, but do not let it boil ; season with a little sugar and salt, fill the bouchées and serve.

## PETITES BOUCHEES A LA PUREE DE GIBIER,

These are prepared precisely as for the petites bouchees à la purée de volaille, only using the flesh of game and game sauce, instead of poultry and white sauce.

## FRIED.

The largest and finest oysters are to be chosen for this purpose ; simmer them in their own liquor for a couple of minutes ; take them out, and lay them on a cloth to drain ; beard them, and then flour, egg, and bread-crumbs them ; put them into boiling fat, and fry them a delicate brown.



## OYSTER POWDER.

When the oysters are prepared by simmering in their own liquor, cut them across in thin slices; dry them crisp that they may be reduced to fine powder, or pack, and use them for sauces as truffles or morrels.

## ANOTHER WAY.

Oysters three dozen, salt three quarters of an ounce; pound, press through a hair-sieve, and dried wheat-flour a sufficient quantity to make a paste about seven and a half ounces; roll out to the thickness of half-a-crown; dry, pound, sift, put into bottles, and seal the corks. Three drachms will make half a pint of sauce.

## OYSTERS TO PICKLE.

Take any quantity, and simmer them slowly ten minutes in their liquor, with mace, whole pepper, and salt; take up the oysters, and put them into wide-mouthed bottles; add an equal quantity of vinegar to the liquor; boil it in an iron or earthen vessel; pour it over the oysters, adding a dozen grains of all-spice to each bottle; put in a little pounded sugar, with a table-spoonful of brandy, when they cool, to each bottle; cork them tightly, and cover with dammer. Have your bottles and everything in readiness for putting them up before they are prepared, as exposure to the air for half an hour, or even less, will prove injurious.

*Obs.*—If you find you have not liquor sufficient to cover the oysters, add equal parts of vinegar and water, in which a few oysters have been rubbed up.

## ANOTHER WAY.

Take one hundred fine large oysters, open and put them in a saucepan, simmer very gently in their own liquor for a few minutes; remove them one by one, and put them in a jar or wide-mouthed bottle; then, to equal parts of oyster-



liquor and vinegar, add a blade of pounded mace, a little lemon-peel, and some peppercorns ; boil for a few minutes ; when cold, pour over the oysters, and tie them down closely, to secure them from the air.

#### TURTLE, TO DRESS.

In the last edition of Domestic Cookery, under the title of "Turtle at Sea," Miss Roberts has described the manner in which it is dressed on board East Indiamen, as follows:—"The true flavour of the turtle is best preserved without mixture of other meat; any addition being quite unnecessary, excepting for the purpose of making the turtle go further. Kill and divide the turtle in the usual manner, selecting the coarser portions; stew them down into soup, with a bunch of seasoning herbs, onions, pepper, and salt. If there should be any eggs in the turtle, let them stew in the soup for four hours; strain and thicken the soup, and serve it up with the entrails cut into small pieces, a proportion of the finer parts, and also of the green fat, all cut into small pieces. The juice of half a lemon, and two glasses of Madeira, merely warmed up in the soup, are the proportions for three pints. The coarse part and entrails will take six hours' stewing to make the soup,—the fine parts two hours; and the green fat, one. The callapee is made of the fine parts cut small, stewed or baked, and served up with a portion of the soup reduced to a very thick gravy with small eggs, force-meat balls, and slices of lemon."

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## CHAPTER V.

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### BOILING, ROASTING, BROILING, &c.

#### BOILING.

THIS process, generally considered so simple, is very seldom performed to perfection, even by those cooks who are considered tolerably proficient in their art, and often from carelessness and want of attention to a few common rules. The native cook considers that, when he has put the meat into the pot, deluged in water, on as strong a fire as he can make up, that the principal business is accomplished, and all that remains is to remove the meat at the time it is supposed to be sufficiently dressed, and in this consists the whole mystery of boiling. The few following rules, if carefully attended to (and which may be easily explained to a native), would soon render it a simple process.

Put your meat in cold water, and heat it gradually until it boils, when a scum will rise, which must be carefully removed; for, if it is allowed to fall upon the meat, it gives a dirty appearance. The quantity of water is to be proportioned to the meat: about one quart to a pound of the latter.

The meat must always be covered during the process, and the water kept at a gentle simmer; the scum from time to time being removed until it ceases to rise, when the meat will be perfectly clean, and have a delicate appearance.

The time allowed for boiling is generally fifteen minutes to the pound of meat, from the water first coming to the

boil, and beyond this point it should never be allowed to pass, so as to degenerate into steam; for the slower the meat boils, the more tender it will be, whereas, if kept boiling fast, it makes it tough and hard.

Never allow the meat or poultry to remain in the water after it is sufficiently done, as it loses its flavour.

The cover of the saucepan must fit close, to prevent the steam evaporating, and smoke from insinuating itself under the lid and flavouring the meat.

The liquor in which meat or poultry has been thus carefully boiled may easily be converted into soup. (See Directions respecting Soup, page 24.)

Pork, veal, and all young meat must be thoroughly dressed; beef and mutton is usually preferred a little underdone, but is not so wholesome as meat well-dressed and retaining all its juices.

In boiling vegetables, the native cooks are very careless, serving them up in a half-raw state, or else over-dressed, from their inattention to any regular rule; and vegetables that have been raised at great cost and care are continually put on table so soddened and over-dressed that they are not fit to be eaten. To prevent this, never allow the cook to have them much before the time necessary for dressing, otherwise, to save themselves trouble they commence getting them ready the first thing in the day, and then let them remain soaking in the water, to be warmed up just when wanted—of course, their flavour, goodness, and colour being entirely destroyed. Greens are an exception to slow boiling; they require to be dressed very quickly over a brisk fire, with a large quantity of water, and carefully skimmed. The time for greens, green peas, cauliflowers, and Jerusalem artichokes is twenty minutes; broad beans and artichokes, half an hour; turnips and brocoli, fifteen minutes; beetroot and carrots, according to their size. The best way to judge if these are sufficiently done is to try them with a fork.

In the simple boiling of meat, as in stew, ragouts, fricasees, and the variety of dishes derived from them, the fire must be so kept under that the contents of the boiler or stewpan shall but gently simmer, and never boil up, otherwise the meat will be hard and tasteless.

A very little fuel will be found adequate to the general purposes of good cookery. The great art of preparing food in a stewpan is principally in the first browning of the meat, if a brown sauce is to be made; and the subsequent application of the smallest quantity of fire, to keep up a very gentle simmering of the liquid ingredients.

Receipts in Cookery, however closely followed, will never be successful, unless the greatest attention be paid to the cleanliness of every culinary vessel used.

#### ROASTING

Is only to be learned by practice; its perfection lies in the joint being thoroughly dressed; the juices all retained and fragrant; the outside of a uniform brown colour; and the fat not melted away. The spit must be clean, and the less appearance of its having passed through the joint, the better and nicer it will look when served. Previous to putting it on the spit, see that it is carefully jointed, and the bones divided in a neck or loin, so that the carver may be able to help either without trouble. The cooks and butchers are very careless in this matter,—breaking and smashing the bones, instead of dividing the joints clearly with a knife or saw; skewers and strings are very necessary here, to enable the joint to be properly fixed on the spit, as well as to keep it evenly balanced whilst turning. The fire must be so prepared as to act equally on all parts of the joint, and proper attention paid to the basting; the gravy should be carefully collected as it drips into a pan beneath, and should any ashes fall into it, they must be immediately removed, as the meat may otherwise become tainted with

the smoke arising from the fat falling on the live cinders, and the dripping discoloured.

Do not put the meat too near the fire at first, lest it become searced, and the outside hard, giving the meat a disagreeable taste. This is most likely to be the case where the meat is dressed over an imperfect fire with green wood, and in the open air—a consequence not to be avoided at times by a sojourner in the East. The fire must, of course, be proportioned to the size of the joint,—a larger one requiring a stronger fire than a lesser, but still both should be dressed by a clear heat, arising from glowing chareoal.

The time meat takes for roasting is similar to that of boiling, though much depends on the state of the fire, the nearness of the meat to it, the size of the joint, and the attention paid to its basting, which, whilst it keeps the meat moist, at the same time renders the action of the fire more powerful upon it. When the steam rises from the meat, it shows that it is perfectly warmed through; when it draws towards the fire, it is sufficiently done. If you wish to froth it, baste it with butter or dripping, and dredge very lightly with flour; be careful not to use too much, or it may be sprinkled over with bread-crumbs, sweet herbs, dried and powdered, with various other ingredients.

#### FRYING

Is very little understood by native cooks, but it only requires a few directions, given in a clear and distinct manner, to have the process far better conducted than is usually the case, and may be easily explained through the head servant, or to the cook himself. The secret consists as follows: in the pan being perfectly clean, and free from all taint; to ensure this, fry a little fat or ghee in it, and then wipe it out clean; next, have the fire clear and bright; see that the butter, ghee, oil, or fat is perfectly fresh and sweet; the least impurity in either is sufficient to destroy the flavour,



and salt prevents its becoming brown. If either of these substances become burnt, a dirty appearance is given to the article fried. Suet that has been clarified is an excellent article to be used, but whatever it is,—if dripping, oil, ghee, or butter,—it must be perfectly hot before the article to be fried is put into it; without this precaution, fish, potatoes, &c., can never be crisp or brown, as it depends upon the degree of heat at which this is first put into the pan.

Cutlets that are dressed in bread-crumbs should always be put on a sieve or other apparatus so as to drain off all the fat, and served crisp and dry, the sauce being added after. The top of a small bamboo basket will answer for a sieve here. The fat, oil, ghee, or butter in which plain articles have been fried, may be set aside and used again for the same purpose.

#### BROILING.

The gridiron should be as clean as polish can make it; then rub it over with a little suet, to prevent the meat from being marked. Have ready a clear and brisk fire, free from smoke, or it is impossible to give an inviting appearance to the grill; place the gridiron upon it, and heat it sufficiently, but not so as to burn the meat; when it is placed upon it, let it broil gradually, and remove the moment it is done. The grill should always be served as hot as possible.

Gridirons are sometimes made double, in which the chop or steak is confined and turned on the fire. The fluted gridiron, in which the concave bars terminate in a trough, is useful for preserving a small portion of the gravy, but the old plain gridiron is most common in India, and only requires the directions given to be followed, for economy, comfort, and taste.

*Obs.*—Never sprinkle salt over any article to be grilled, but add it after.



## GENERAL REMARKS AS TO COOKS.

The cook, whether native or Indo-Portuguese, requires to be looked after, and made to keep all his cooking utensils perfectly clean, which, if of copper, must be fresh tinned at least once a month; and when earthenware vessels are used for cooking, which are much the safest, they should be renewed every third or fourth day, or a week at farthest. It is his business to keep the cooking-room clean and in order; the vessels dry and ready for immediate use; and to enable him to have them in such a state, as well as for straining soups or gravies, or covering over meat, or wiping up any uncleanness, he should be furnished with clean towels daily, making him give those used the day previous to the washerman on his receiving the others; and when he has finished his business for the day, either himself or his assistant should clean all the utensils and instruments, and prepare the cook-room for the following morning.

Large earthenware pots containing water should be close at hand, both for culinary purposes and cleansing the cooking vessels,—wood-ashes being the best article that can be used with water for the purpose if metallic ones, and exposure to the sun the cleanliest way of drying and purifying them—far better than by a greasy towel. Cleanliness in his person is one of the essentials in a cook, and this must be insisted upon; and to ensure his being so, he should be made to present himself for orders every morning, wanted or not.

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## CHAPTER VI.

## SAUCES.

## ANCHOVY SAUCE.

POUND four anchovies in a mortar with a little butter, and stir them into half a pint of espagnole or melted butter; a little lemon-juice or vinegar may be added; or stir in a table-spoonful of essence of anchovy in half a pint of melted butter.

## ANOTHER WAY.

Pound the anchovies in a little wine or vinegar, and work them into melted butter, or any other plain sauce.

## APPLE.

Pare, core, and slice some apples; boil them in a little water, with a bit of lemon-peel; when tender, mash them; add to them a bit of butter and some moist sugar; heat and serve in a sauce-boat.

*Obs.*—Imitation apple sauce is made from the green fruit of the papaw, or white pumpkin, in the same way, with the addition of a little lime-juice.

## BHECHAMEL, OR WHITE SAUCE.

Cut into small pieces half a pound of veal and a quarter of a pound of lean ham; put it into a saucepan, with eight or ten white peppercorns, a shallot or small onion, two cloves, two blades of mace, a bay leaf or peach, some parsley, and a quart of veal or mutton broth, or plain water; let it boil until it is strong and well-flavoured; strain and thicken with a little arrowroot rubbed smooth in some of the gravy; boil it up and mix in very slowly a pint of good cream.

## ANOTHER WAY.

Take two ounces of butter, three pounds of veal cut in small slices, a quarter of a pound of ham, a few white mushrooms, two small white onions, a little parsley; put the whole into a stewpan, and put it on the fire until the meat is made firm; then add three spoonsful of flour moistened with some boiling hot thin cream, and a ladle of consommé; keep this sauce rather thin, so that whilst you reduce it the ingredients may have time to be stewed thoroughly; season it with a little salt, and strain it through a tamis.

## PLAIN WHITE SAUCE.

Boil a couple of spoonsful of clean white rice, with lime peel cut thin, in a pint and a half of new milk, until tender, when remove the peel and mash the whole smooth through a sieve, or pound the rice and milk together; return it to the saucepan, with a blade or two of mace, and give it a boil; serve hot; but previous to doing so, remove the mace, and season with salt and cayenne.

## HORSE-RADISH—OR SUDGNAH KA JUR.

Take a tea-cupful of finely-grated horse-radish, one table-spoonful of salad oil, two of vinegar, half a spoonful of mustard, and half a pint of cream; all these to be well mixed together.

## BROWN ONION GRAVY.

Peel and slice the onions as for sauce (cucumber or celery in equal proportions may be added); put them into a stewpan with a spoonful of butter, set it on a slow fire, and shake it about till the onions are lightly browned; gradually stir in half an ounce of flour, add a little broth and a little pepper and salt; boil up for a few minutes; add a table-spoonful of claret or port wine, and some mushroom catsup; lemon-juice or vinegar may be added to sharpen it with; rub it through a tamis or sieve. If this sauce is for steaks,

shred an ounce of onions, fry them a nice brown, and put them to the sauce you have rubbed through a tamis.

#### BREAD SAUCE—OR ROTEE KA SAUCE.

Boil in a pint of water the crumbs of a roll, or a slice of bread, an onion cut into slices, and some whole black or white pepper; when the onion is tender, drain off the water, pick out the peppercorns, and rub the bread through a sieve, or tamis, quite smooth; then put into a saucepan, with a gill of cream, a little butter, and a small quantity of salt; stir it till it boils.

#### ANOTHER WAY.

Divide a small onion into quarters; boil it in half a pint of new milk, with a few peppercorns; strain the milk over a sufficient quantity of crumbs of white or brown bread; roll up a table-spoonful of butter in a tea-spoonful of arrow-root; mix all together, and stir it until it boils; serve in a sauce tureen or otherwise.

#### BROWNING FOR SAUCES OR SOUPS.

Pound a little sugar; put it into an iron spoon, with as much water as will dissolve it; hold it over a quick fire until it becomes of a dark brown colour; or take a little flour, with a bit of butter; put into an iron ladle or spoon, and hold it over a quick fire as for sugar-browning.

*Obs.*—This is far the best; the sugar-browning imparts a better taste. The richest browning may be made with mushroom catsup, port wine, claret, or toasted bread.

#### BRAIN SAUCE—OR MUGGAGE KA SAUCE (*Two ways*).

Wash the brains very well twice; put them into a basin of cold water, with a little salt in it, and let them soak for an hour; then pour off the cold and cover with hot water; and when cleaned and skinned, put them into a saucepan, with plenty of cold water; when it boils, remove all the scum

very carefully, and gently boil for ten or fifteen minutes. Now chop them, but not very fine; put them into a saucepan, with sage or parsley, prepared as directed, with a couple of spoonsful of thin melted butter and a little salt; stir them well together; and as soon as they are well warmed (take care they do not burn), skin the tongue; trim off the roots; put it in the middle of the dish, and the brains around it; or chop the brains with a shallot, a little parsley and four hard-boiled eggs, and put them into a quarter of a pint of white sauce.

#### CAPER SAUCE.

Take a table-spoonful of capers, and two tea-spoonsful of vinegar; mince one-third of them very fine, and divide the others in halves; put them into a quarter of a pint of melted butter or good thickened gravy; stir them the same way as you do for melted butter, or it will oil.

#### CUCUMBER SAUCE—OR KHEERAH KA SAUCE.

Take three or four cucumbers, peel and divide them in halves; remove all the seeds, and cut them into slices; then dry with a napkin; place these with a couple of table-spoonsful of butter or ghee into a stewpan, and shake them over a quick fire, and brown them nicely. Then add a sufficiency of brown gravy, and simmer gently for a few minutes; add pepper and salt to taste; pass the whole through a sieve; give it a warm-up and serve.

#### HORSE-RADISH SAUCE—OR SUDGNAH KA JUR KA SAUCE.

A dessert-spoonful of olive oil or cream, a dessert-spoonful of mustard (powder), a table-spoonful of vinegar, two table-spoonsful of scraped horse-radish, and a little salt, mixed well together and served in a sauce-boat.

#### APPLE SAUCE FOR GOOSE AND ROAST PORK.

Peel some apples, cut them into quarters, take out the core; then put them into a stewpan, with a little brown

sugar and water ; when they are melted, stir them well with a spoon, then add a little butter and serve up.

The apples must not be stirred too much, or they will lose their acidity and become brown ; some persons add cloves or nutmeg.

#### QUIN'S FISH SAUCE.

Dissolve six anchovies in a glass of port wine, bruise six shallots, and boil them in a quart of walnut catsup with cloves, mace, and long pepper ; let it cool, and mix in the anchovies, with half a pint of port wine. All sauces for keeping ought to be put up in small bottles and well corked.

#### SAUCE PIQUANTE FOR FRIED FISH.

Put a piece of butter of the size of a walnut on the frying-pan, and add one table-spoonful of vinegar and a shallot chopped very fine.

#### SAUCE FOR LOBSTERS.

Bruise the yolks of two hard-boiled eggs with the back of a wooden spoon, or rather pound them in a mortar, with a tea-spoonful of water, and the soft inside and spawn of the lobster ; rub them quite smooth with a tea-spoonful of made mustard, two table-spoonsful of salad oil, and five of vinegar ; season it with a very little cayenne pepper and some salt.

#### LOBSTER SAUCE—OR BURRA CHINGREE KA SAUCE.

Choose a fresh hen lobster ; pick out the spawn and the red coral ; put into a mortar, adding to it half an ounce of butter ; pound it quite smooth, and rub it through a hair sieve with the back of a spoon. Cut the meat of the lobster into small squares, or break it to pieces with a fork ; put the pounded spawn into as much melted butter as you think will do, and stir it together till it is thoroughly mixed. Now put to it the meat of the lobster, and warm it on the fire ; take care it does not boil, which will spoil its colour,



and its red will immediately fade. Some use strong beef or veal gravy instead of melted butter, adding anchovy, cayenne, catsup, lemon-juice, pickle, or wine, &c.

*Obs.*—You must have a hen lobster on account of the spawn ; see that it has not been taken away ; the goodness of your sauce depends upon its having a full share of the spawn, to which it owes its colour and flavour.

#### LOVE-APPLE SAUCE—OR BELATEE BEGUN KA SAUCE.

Take twelve or fifteen tomatas, ripe and red ; take off the stalks ; cut them in halves ; squeeze them just enough to get all the water and seeds out ; put them in a stewpan, with a capsicum and two or three table-spoonsful of beef gravy ; set them on a slow stove for half an hour, or till properly melted ; rub them through a tamis into a clean stewpan, with a little white pepper and salt ; and let them simmer together a few minutes.

#### SAUCE, TO KEEP.

Take as many ripe tomatas as you please ; skin and remove the seeds ; then mash the pulp through a cloth ; boil the watery particles away until you have reduced it to about one-half ; to a pint of this liquor add four ounces of green ginger chopped or pounded very fine, also eight or ten cloves of garlic bruised, two tolahs weight of salt, two wine-glasses of vinegar, and half an ounce of red pepper ; give the whole a boil-up, or put it in the sun four or five days in a wide-mouthed bottle well corked. It is then fit for use, and will be found a very agreeable addition to soup or cold meat ; if you wish to keep it for soup or stews, then add wine instead of vinegar, put into small bottles well corked, and keep in a cool place.

#### GENOESE SAUCE.

Put a table-spoonful of chopped onions into a stewpan with one of butter, and fry a light brown ; then add four

glasses of claret or port wine, a blade of mace, two or three cloves, some thyme, parsley, and a peach leaf or two ; boil these a few minutes, then add a quart of brown sauce, with a ladle of consommé ; place the whole over the fire, and reduce it until rather thick ; then add a table-spoonful of chopped mushrooms ; let them remain a minute or two, and then strain the sauce into a fresh stewpan ; season it with two spoonfuls of essence of anchovies, cayenne pepper, a little sugar and salt ; stir the whole quite smooth, and remove as it is about to boil.

*Obs.*—If you have no brown sauce ready, substitute beef or other gravy, and thicken with brown roux.

#### GENOESE SAUCE FOR STEWED FISH.

Make a marinade with the following vegetables : sliced carrots, onions, roots of parsley, a few mushrooms, bay or peach leaves, some thyme, a blade of mace, with a few cloves ; put these into a stewpan, and fry with a little butter until the onions are reduced ; then add half a pint of wine, with the same quantity of brown sauce, and consommé as in the last receipt, or sufficient to stew the fish in ; when dressed, remove the fish without breaking ; strain the gravy into a fresh stewpan ; add a couple of table-spoonfuls of anchovy or more, according to the quantity, with a quarter of a pound of butter rolled in flour to thicken it. Squeeze in a little lime-juice, and work the whole over the fire until smooth and thick ; remove the skin from the fish, if large ; place it in a dish, and cover it with the sauce.

#### ITALIAN SAUCE.

##### WHITE.

Put a piece of butter into a stewpan, with two spoonfuls of chopped mushrooms, one of onion, and some parsley ; turn the whole over the fire some time, and shake in a little flour ; moisten it with a glass of white wine, and as much

good consommé, or both ; add salt, pepper, and a little mace pounded fine ; let it boil well ; then skim away the fat and serve it up. A higher flavour may be given to it whilst boiling, by putting in a bunch of sweet herbs, which take out before it is served.

## BROWN.

Put into a saucepan two slices of ham, a handful of mineed mushrooms, and a sliced lemon without the seeds, a spoonful of minced shallot blanched and wrung in a cloth, half a clove of garlic, and a gill of oil ; when nearly ready, take out the lemon ; add a spoonful of mineed parsley, a spoonful of espagnole, a glass of white wine, a little pepper ; reduce, and take out the ham.

## STRONG SAVOURY GRAVY, OR BROWN SAUCE.

Take a stewpan that will hold four quarts ; lay a slice or two of ham or bacon at the bottom, with two pounds of beef or veal, a earrot, an onion, with four cloves, a head of celery, some parsley, lemon, thyme, and a little lemon-peel, some mushroom eatsup, four or five spoonsful, with a glass of wine ; pour on this half a pint of water ; cover it close, and let it simmer gently for half an hour, when it will be almost dry. Watch it carefully, and let it get a nice brown colour, turning the meat to brown on all sides ; add three pints of boiling water, and boil gently for a couple of hours ; you have then a rich gravy for any purpose.

*Obs.*—If you require a thick gravy, mix two table-spoonsful of arrowroot, or three of flour, with a ladleful of the gravy ; stir it quick, and add a quart more of the gravy, well mixed ; pour it back into the stewpan, and leave it to simmer, stirring it every now and then. Remove any scum that may appear ; when just ready, strain through a tamis or coarse cloth.

## WHITE ROUX.

Warm three table-spoonsful of butter or more over a slow fire ; then drain off all the butter-milk or water ; shake

in by degrees, with a dredger, flour sufficient to form it into a thin paste ; keep stirring over the fire, at a proper distance, for a quarter of an hour, and take care not to let it lose its colour.

#### BROWN ROUX

Is prepared in a similar manner as to forming the paste, when it is to be slowly fried, and then removed, over a sharp fire until it has become of a light brown colour ; it must not be burnt.

#### LIAISON.

Break the yolks of three eggs in a basin, and beat them up with eight spoonsful of cream, or same of new milk ; strain it, and it is ready for use.

#### CELERY SAUCE—OR UJOAEN SAUCE.

Clean nicely and divide into small pieces the white part of three or four heads of celery ; boil it in some white stock ; season with a little white pepper, salt, and nutmeg ; when it is tender, add a piece of butter rolled in flour, and three table-spoonsful of cream ; warm it, but do not let it boil ; pour it over boiled turkey or fowl.

#### CHERVIL SAUCE.

Its flavour is a strong concentration of the combined taste of parsley and feunel, but more aromatic and agreeable than either, and is an excellent sauce with boiled poultry or fish ; prepare it as directed for parsley and butter.

#### COLD MEAT SAUCE.

Pound together an ounce of scraped horse-radish, half an ounce of salt, a table-spoonful of made mustard, four cloves of garlic, half a drachm of celery seed, and the same quantity of red pepper, adding a pint of Burnet or Tarragon vinegar ; let it stand in a wide-mouthed stoppered bottle for a week or ten days, and then strain through a sieve or coarse cloth.

## EGG SAUCE—OR UNDA KA SAUCE.

Boil three or four eggs a quarter of an hour, put them into cold water, take off the shells, cut the eggs into small pieces, mix them with melted butter, and heat them well.

## GARLIC SAUCE—OR LUSSUN KA SAUCE.

Pound two cloves of garlic, with a piece of fresh butter about as big as a nutmeg, rub it through a double hair sieve or cloth, and stir it into half a pint of melted butter or beef gravy, or make it with garlic vinegar.

## GREEN PETIT POIS A LA PAY SAUCE.

Prepare the peas as by receipt (French mode); then take a cabbage or cos lettuce, a good handful of parsley, and a few green onions; wash them clean, and break them with your fingers, instead of chopping them; drain the lettuce, parsley, and onions; and simmer them with the peas over a slow fire; you need not put any other moisture than the butter; take care to stir or shake the stewpan repeatedly, to prevent the vegetables from burning; when they are done enough, add a little pepper and salt, reduce the liquid, and add flour and butter to thicken it, as for peas dressed in the common way.

## LEMON SAUCE—OR LIMBOO KA SAUCE—FOR BOILED FOWLS.

Cut a lemon into very thin slices, and then again into very small dice-shape; have ready a sufficient quantity of melted butter in a saucepan, throw in the lemon, and let it just simmer, but not boil, then pour it over the fowls.

## MINT SAUCE—OR POODENAH KA SAUCE.

Wash half a handful of young, fresh-gathered green mint, pick the leaves from the stalk, mince them very fine, and put them into a sauce-boat, with a spoonful of moist sugar and four of vinegar.

*Obs.*—This is usually served with hot lamb, and is equally agreeable with cold or roast saddle of mutton.



## MOREL SAUCE

Is made as truffle sauce, or with wine and stock or glaze and melted butter; when the Morel powder is used, small dice of mushrooms may be added.

## MUSHROOM SAUCE—OR BENG KA CH'HATA KA SAUCE.

Clean and wash half a pint of mushrooms, put them into a saucepan, with half a pint of veloute or any other rich sauce, white or brown, with or without cream, a little pepper, salt, and mace, an ounce of butter rubbed with a table-spoonful of flour; stir them together, and set them over a gentle fire to stew slowly till tender; skim and strain it.

*Obs.*—Mushrooms require slow simmering, and ought always to be well cooked before they are put into ragouts or sauces.

## MOCK OYSTER SAUCE.

Take half a pint of good beef gravy, three table-spoonful of anchovy sauce, two of mushroom catsup, one of vinegar, and one of white wine; mix, then take the yolks of two eggs well beaten up, some corns of black pepper, a small quantity of mace, mix the whole together, adding a large cup of hot new milk, and stir into it a pat of butter that has been rolled in arrowroot or fine flour, and boil the same carefully.

## LIVER AND PARSLEY.

Wash the liver of a fowl or rabbit, and boil in as little water as possible for five minutes; chop it fine, or pound it with a small quantity of the liquor it was boiled in; wash about one-third of the bulk of parsley, put it to boil in a little boiling water with salt in it; drain and mince it very fine, mix it with the liver, and put it into a quarter of a pint of melted butter; warm it, but do not let it boil.



## ONION SAUCE—OR PIAZ KA SAUCE.

Roast four large onions, peel and pulp them into a rich stock, with salt, cayenne, and a glass of port, a little vinegar, or the juice of half a lemon ; simmer and beat up with a bit of butter.

## WHITE ONION SAUCE.

Take half a dozen large white onions, peel and cut them in halves, lay them in water for a short time, and then boil till tender ; lay them on a chopping board, chop and bruise them, put them into a clean saucepan, with some butter and flour, half a tea-spoonful of salt, and some cream or good milk ; stir it till it boils, then rub the whole through a tamis or sieve, adding cream or milk to make it of the consistence you wish. This is the usual sauce for boiled rabbit, mutton, boiled goose, or tripe.

## OYSTER SAUCE--OR CUSTOORAH KA SAUCE.

Beard the oysters, put them into a saucepan with their liquor strained, and a large piece of butter, a few black peppercorns, a little salt, red pepper, and a blade of mace ; simmer gently for ten or fifteen minutes, but do not allow them to boil ; roll some butter in a little flour or arrowroot, and melt it, adding a little milk ; pick out the peppercorns and mace from the oysters, and pour upon them the melted butter.

## OYSTERS, TO STEW IN BROWN SAUCE.

Beard the oysters, strain the liquor, add it to some rich brown gravy thickened with flour and a little butter, add some white wine, according to the number of oysters. Put the whole in a stewpan, and simmer gently for about a quarter of an hour ; before serving, add some salt, pepper, and nutmeg, a little lime-juice and vinegar ; a few sippets of very thinly crisp toast may be put round the dish.

## WHITE SAUCE.

Beard and scald the oysters; strain the liquor, and thicken it with a little flour and butter; add some salt, white pepper, and two or three table-spoonsful of cream; squeeze in a little lemon-juice; simmer gently, but do not let it boil.

## GOOSE SAUCE.

See Apple or Green Papaw.

## PARSLEY SAUCE—OR AJMOOD OR PITTER SELLY KA SAUCH.

Wash some parsley very clean, and pick it carefully; put a tea-spoonful of salt into half a pint of boiling water; boil the parsley about ten minutes; drain it on a sieve; mince it quite fine, and then bruise it to a pulp; put it into a sauce-boat, and mix with it, by degrees, about half a pint of good melted butter.

## SAUCE FOR WILD DUCKS.

Take half a pint of veal gravy, add to it two or three leaves of basil, a small onion, and a roll of orange or lemon peel, and let it boil up for a few minutes; strain it off. Put to the clear gravy the juice of a Seville orange or lime, half a tea-spoonful of salt, some pepper, cayenne, and a glass of red wine; send it up hot.

## ONION SAUCE.

Peel the onions—large white are the best—and put them on the fire in cold water; when it boils, pour off the water and fill up with fresh hot water; and repeat, if necessary, to take out the strength of the onions; lastly, boil in milk and water; when quite soft, squeeze the onions between two plates, place them on a chopping board, and chop them quite fine, or rub them through a coarse sieve: add melted butter with cream or milk, with pepper and salt to taste.

## PUDDING SAUCE.

Bruise a stiek of cinnamon; set it over the fire in a saucepan, with just as much water as will cover it; give it a boil, and then put in a couple of table-spoonsful of fine sugar, pounded, a quarter of a pint of white wine, some thin-pared lime-peel, and three or four peach leaves; boil all together gently; strain, and send it up hot.

## ANOTHER WAY.

Two glasses of sherry or Madeira, a table-spoonful of pounded sugar, a little mace and grated lemon-peel; mix with a quarter of a pint of thick melted butter; nutmeg may be added.

## ANOTHER WAY.

Melted butter made thick with flour sweetened with syrup, and flavoured with lime-juice, essence of lemon, or a little nutmeg.

## KELLY'S SAUCE.

Pound a table-spoonful of capers and one of minced parsley as fine as possible; then add the yolks of three hard eggs; rub them well together with a table-spoonful of mustard; bone six anchovies, and pound them; rub them through a hair sieve, and mix with two table-spoonsful of oil, one of vinegar, one of shallot ditto, and a few grains of cayenne pepper; rub all these well together in a mortar till thoroughly incorporated; then stir them into half a pint of good gravy or melted butter, and put the whole through a sieve or tamis.

## LIVER SAUCE FOR FISH.

Boil the liver of the fish, and pound it in a mortar with a little flour; stir it into some broth, or some of the liquor the fish was boiled in, or melted butter, parsley, and a few grains of cayenne, with a little essence of anchovy; give it a boil-up, and rub it through a sieve; give it a warm; you may add a little lime-juice, or lemon cut in shape of dice.

## LEMON AND LIVER SAUCE.

Pare off the rind of a lime or a sour orange as thin as possible, so as not to cut off any of the white with it; now take off all the white, and cut the lemon into thin slices; pick out the pips, and divide the slices into small squares; add this and a little of the peel, minced very fine, to the liver, prepared as for liver and parsley sauce, and put them into the melted butter, and warm them together, but do not let them boil.

## RICE SAUCE—OR BHAT KA SAUCE.

Steep a quarter of a pound of rice in a pint of milk, with onion, pepper, &c., as bread sauce; give it a boil; when the rice is quite tender (take out the spice), rub it through a sieve into a clean stewpan; if too thick, put a little cream or milk to it.

This is a very delicate white sauce, and may be served instead of bread sauce.

## ROBERT SAUCE.

Cut some onions into shape of dice; fry them of a fine brown; moisten them with some spinach sauce, or dust them with flour, and moisten them with some veal gravy; skim it that the sauce may look bright; put in a little pepper and salt, and, just before you send up, mix a spoonful of mustard.

## RABBIT SAUCE.

See Onion Sauce.

## RAGOUT SAUCE.

See Beef Gravy Brown Sauce.

## SALAD SAUCE.

Take the yolks of two fresh eggs boiled hard; mash in a plate with a silver fork; then add a salt-spoonful of salt, and two spoonsful of mustard; rub the whole well together; add

by degrees three spoonsful of sweet oil or fresh cream ; then two of good vinegar ; stirring it well the whole time until quite smooth ; a spoonful of anchovy sauce is sometimes added, but is no improvement if the salad is to be eaten with cold meats, though it may be if with fish, prawns, or lobsters.

#### SCOTCH SAUCE FOR RAW SALADS.

Bruise down the yolks of two hard eggs in a basin ; add a large spoonful of mustard ; rub them together with a table-spoonful of catsup, one of tarragon, and two of white wine vinegar, and a tea-cupful of thick cream ; these are all to be well incorporated together ; and when the salad is nicely cut, and ornamentally dressed in the salad dish, pour the sauce equally all over it.

#### GERMAN SALAD SAUCE.

Sweet oil and vinegar mixed together in equal proportions quite smooth.

#### SAUCE FOR VENISON OR HARE.

A quarter of a pint of claret or port wine, the same quantity of mutton gravy, and a table-spoonful of currant jelly ; let it just boil up, and send to table in a sauce-boat, or serve up with a little red currant jelly dissolved in port wine or claret.

#### SHARP SAUCE

May be made with equal parts of tamarind jelly and clear gravy, or half a pint of best white wine vinegar and four table-spoonsful of pounded sugar ; set it over the fire, skim it carefully, and strain it through a cloth and serve it hot.

#### SPINACH SAUCE—OR CHOOLAE KA SAUCE.

Pick and remove all the stalks ; wash and drain the leaves ; stew them without water till they will beat to a

mash ; put in some butter and a little milk ; simmer and stir over a slow fire till the sauce be of the consistence of thick melted butter. Add a little pepper and salt while dressing.

#### SORREL SAUCE—OR AMBARKEE KA SAUCE.

Sorrel, like spinach, shrinks very much in dressing. Pick and wash it clean ; put it into a stewpan, with one ounce of butter ; cover close and set over a slow fire for a quarter of an hour ; then rub through a coarse hair sieve ; season with pepper, salt, nutmeg, and a small lump of sugar ; squeeze in the juice of a lemon, and make the whole thoroughly hot.

#### TURTLE SAUCE.

Take a pint of beef gravy thickened, a wine-glassful of Madeira, the juice and peel of a lime, a few leaves of basil, a clove of garlic, a few grains of cayenne pepper, and a little essence of anchovy ; let them simmer together for five minutes, and strain through a tamis.

#### TAPP'S SAUCE.

Take of green sliced mangoes, salt, sugar, and raisins, each eight ounces ; red chillies and garlic, each four ounces ; green ginger, six ounces ; vinegar, three bottles ; lime-juice, one pint. Pound the several ingredients well ; then add the vinegar and lime-juice ; stop the vessel close, and expose it to the sun a whole month, stirring or shaking it well daily ; then strain it through a cloth ; bottle and cork it tight.

*Obs.*—The residue makes an excellent chutney.

#### SAUCE FOR GRILLS.

Prepare half a pint of clear gravy ; roll a table-spoonful of butter in the same quantity of flour or arrowroot ; take two table-spoonsful of mushroom catsup, one spoonful of mustard, a small quantity of chopped capers, the juice of a lime, with some of the peel grated, salt, black pepper, and either



a chopped green chilli, or cayenne pepper ; simmer together for a few minutes, pour a little over the grill, and serve the rest in a sauce tureen.

*Obs.*—A tea-spoonful of anchovy and a little wine may be added.

#### SAUCE FOR GAME, DUCK, SNIPE, &c.

Take half a pint of clear gravy ; cut into it the thin peel of a lime, a few leaves of basil or sage, with a small sliced onion ; let it boil until the gravy is flavoured, then strain it off. Add the juice of the lime, some cayenne pepper, a glass of red wine, pepper, and salt. Send it up hot.

*Obs.*—This sauce may be served with all kinds of water-fowl, and is préférable to dressing the bird at table, as is commonly the case : wild-fowl being liked by some persons under-done, and without sauce,—snipes particularly so.

*Gravies* should always be served in a covered sauce tureen quite hot.

#### DOLICHOS SOYA SAUCE.

Take fresh soy eight ounces, chilli vinegar one pint, garlic vinegar one quarter of an ounce, of syrup or treacle eight ounces, port wine or Vinde Tinto one pint, salt four ounces, tartaric acid one ounce ; mix the whole well together.

For soup, fish, meat, steaks, &c.

#### TO CLARIFY GRAVY.

Veal or beef gravy is to be clarified with whites of eggs.

#### GRAVY FOR ROAST MEAT.

Most joints will afford sufficient trimmings, &c., to make half a pint of plain gravy, which you may colour with a few drops of browning, about half an hour before you think the meat will be done ; mix a salt-spoonful of salt, with a full quarter pint of boiling water ; drop this by degrees on the

brown part of the joint; set a dish under to catch it (the meat will soon brown again); set it by as it cools—the fat will settle on the surface; when the meat is ready, remove this, and warm up the gravy and pour it into the dish.

#### GRAVY FOR BOILED MEAT

May be made with the parings and trimmings; or pour from a quarter to half a pint of the liquor in which the meat was boiled into the dish with it, and pierce the inferior part of the joint with a sharp skewer.

#### MUSHROOM CATSUP.

Mushrooms are procured in all parts of India during the rains, and to make your own catsup will not only be found economical, but it will be far stronger and better than can ever be purchased. Take as many as you please of large flap mushrooms that are of a reddish brown inside (peel off the top skin or not, but wipe them clean), and lay in the bottom of a deep dish; sprinkle them over with clean salt, then add another layer of mushrooms and more salt, and so continue until the dish or pan is full; let them remain for about eight or twelve hours, then mash up the whole; strain off the juice: to each pint add half an ounce of black pepper and about forty or fifty cloves; put the whole into a stone jar, and place the jar covered over in a saucepan of water, and let it boil until about one-third or one-half has evaporated; set the whole by to cool and settle, then strain it off clear into pint or half-pint bottles, adding to each pint a table-spoonful of brandy; if you have any claret that has been opened or otherwise, you may add a wine-glass to each pint, or more, as you please: it preserves the catsup better in this country.

#### ANOTHER WAY.

Having prepared the mushrooms as above, strain them through a cloth, and put the juice into a clean saucepan, and

boil the whole gently, taking off all the scum as it rises ; when boiled down to about one-half, add a little wine, in the proportion of a glass to each pint ; remove it from the fire, and put it into a jug to cool and settle ; then strain it off clear, and bottle, putting into each bottle a few cloves previous to corking, which should be well secured by wax or dammer.

#### MUSTARD.

Six seers, or twelve English pounds, will give, if the seed is fresh, three pints of good clear oil ; this is the best for pickles, and is preferred by all natives for the purpose. To prepare the seed so as to remove the husks or skin more effectually than is usually done, it is necessary to soak them in water for a couple of days, changing it once or twice ; then put it out in the sun to dry, after which have the seed only bruised with a grinding-stone, and the husks removed by a winnowing-fan, which will make the seed clean and fit for grinding and other domestic purposes. Mix (by degrees, by rubbing together in a mortar) the best flour of mustard with vinegar, white wine, or cold water in which scraped horse-radish has been boiled ; rub it well together till it is perfectly smooth, and only make as much as will be used in a day or two. Mustard is sometimes made by mixing it with cream, sherry, or Madeira wine, or distilled vinegar, flavoured with horse-radish, instead of water.

*Obs.*—The French mix their mustard with wines and vinegar, flavoured with various sorts of sweet herbs.

#### MELTED BUTTER.

Take four ounces of butter ; put it into a small clean saucepan over the fire, with four or five table-spoonful of milk ; thicken it with a tea-spoonful of the finest flour, or with not quite so much arrowroot, else it will be too thick ; then add a small wine-glass of water ; hold it over the fire, shaking it round (all the same way) till it begins to simmer ;

then let it stand and boil up. It should be of the thickness of cream.

*Obs.*—Instead of the milk, add four spoonful of mushroom catsup, and you have an excellent sauce for fish, flesh, or fowl. If the butter oils, pour it backwards and forwards from the butter-boat to the stewpan until it is smooth again.

#### CLARIFIED BUTTER.

Take any quantity of butter ; put it into a saucepan over a clear fire ; as soon as it boils, the process should be conducted gently ; take off the butter-milk, and then gently let it simmer until the water particles are all evaporated, and remove ; when nearly cool, pour off the butter, carefully leaving any sediment behind. This preparation will keep good for a length of time ; only see that the vessel in which it is to be put is dry and clean.

#### BUTTER, BURNT.

Put two ounces of fresh butter into a frying-pan ; when it becomes of a dark brown colour, add a couple of spoonful of vinegar, with a little pepper and salt ; serve for boiled fish or poached eggs.

#### BUTTERED EGGS.

Beat and strain ten or twelve eggs ; put a piece of butter into a saucepan ; keep turning it one way till melted ; put in the beaten eggs and stir them with a spoon until they become quite thick : serve upon buttered toast. They may be eaten with fish, fowl, or sausages.

#### ANOTHER WAY.

Chop half-a-dozen hard-boiled eggs ; put them into a saucepan, with half a tea-cupful of cream, two ounces of butter, a little mace, salt, and pepper ; add a little shallot or chives minced, or the same quantity of white onion ; stir it till quite hot, but it must not boil.

## CHAPTER VII.

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### HINTS ON CHOOSING

#### BEEF—OR GOROO KA GOSH.

WHEN old, has a coarse grain, the fibres are tough, and of a dark colour, with a deep red tinge; young meat is quite the reverse. The flesh of ox beef, to be good, should have a smooth open grain, of a light red, and feel tender; the fat rather white than yellow. An ox that has not been over-worked, of a middle age and stall-fed, furnishes finer beef than even a cow. The grain of cow beef is closer than that of an ox, and not of so bright a red; the fat whiter. The meat of bull beef has a strong seent, is much darker and coarser in the grain, and of a deep red, with coarse yellow fat. Old meat is always tough; and if the animal has been much worked, no feeding, keeping, or preparation will make the meat tender.

*Obs.*—The baron of beef, so famed in old English hospitality, and now rarely produced at any but civic feasts, being the most substantial dish of all, is the same joint in beef that a saddle is in mutton, and is always roasted.

#### A LA MODE BEEF OR VEAL.

Take four pounds of beef or veal; cut it into pieces of about four ounces each; dip them into an equal quantity of common and shallot vinegar; then roll them in the following seasoning: grated nutmeg, black pepper, and all-spice, two or three cloves and some salt, all of which have been pounded; add to this, parsley, lemon, thyme, marjoram, and any other sweet herbs shred fine; put into the stewpan



some fine suet or beef lard, with any dressings from the meat, and let it melt over the fire. Dredge the meat with flour, and put into the stewpan, with three or four onions stuck with spice, and two or three cloves of garlic, to every two pounds of beef; shake, turn, and look to it constantly until it is well browned on all sides; add a large cut carrot to every pound of meat, and a pint of browned boiling water, some salt, pepper, and all-spice; fix the top of the stewpan down with common flour or atta paste, and set it on a slow fire to simmer gently from three to four hours; when done, if it is not thick enough, take out a little of the stock; and when cool, thicken with some ground rice-flour, and give it time to cook.

*Obs.*—Wine or acids may be added; it is usual in London to serve this up with endive, beet, or any other salad.

#### ANOTHER WAY.

Take a small round of beef; remove the bone; rub it well with four ounces of saltpetre and half a pound of moist sugar; then place it on a board, or dresser, and cover it with another board, putting over it some very heavy stones; let the juice drain from the meat for twelve hours; then rub the meat well with common bay salt and a few cut limes, with a little spirit if you please, for three or four consecutive times, morning and evening, according to the weather, and longer if possible; then clear the brine from the meat, and fillet it up firmly. Prepare a stuffing of chopped parsley, thyme, two or three anchovies, or a spoonful of anchovy sauce, mace, black pepper, and a little butter with a sprinkling of all-spice; make holes here and there over the meat, and put in the stuffing; put it in a pan that will just hold it, and fill it up with cold water; add some whole black pepper, and cover with a common paste; bake it for several hours; when cold, take off the crust and all the fat, and serve it up in the pan.



## BEEF COLLARED AND SERVED IN VARIOUS WAYS.

The pieces generally selected for this purpose are the thin flanks, short ribs, and leg, boned, all the coarse sinews being removed, and may be prepared in the following way:— If the collar is to be roasted, sprinkle the meat with garlic or any seasoned vinegar; brush it with egg, and strew over some sweet herbs, cooked oysters or mushrooms, or any force-meat, or lay slices of bacon in the middle, and season highly; then braise it partially, and roll and tie it up nicely with a bandage of cloth; dip it in vinegar, and if the weather permits, hang it up for three or four days, and cook it in a saucepan, or braise it and let it cool in the cloth. It may be larded and roasted and served with gravy, or brush it with egg sprinkled with crumbs, mushrooms, &c. Glaze and serve it as other roast meats, or it may be served, cut in slices, when cold.

## ANOTHER WAY.

Take a shin or leg of beef, boned; remove all the coarse sinews and nerves; stew until quite tender; cut the meat into small pieces; season with some sweet herbs, pepper and salt, four table-spoonsful of mushroom catsup, the same of wine; put it into a stewpan, and cover it with liquor in which the beef was dressed; set it on a slow fire to simmer gently for half an hour; then add slices of hard-boiled eggs or pickled cucumbers; mix the whole together and put it into a mould. When cold, turn it out.

## EDGE BONE

When salted or corned, is to be dressed in the same manner as a round, and the same accompanying vegetables; it may also be roasted and forced with oysters, mushrooms, &c.

*Obs.*—The soft fat-like marrow which is found on the back is best when hot; and the hard fat near the end, when cold.

## RIBS

When salted, are called the brisket, and various other pieces are dressed in the same way, but seldom roasted in India.

## ROUND.

Skewer it up tight of a proper shape ; tie a broad band round it to keep the skewers in their places ; put it into plenty of cold water, and carefully take the seum off as it rises. Let it boil until all the seum is removed, and then put the pot in which it is on one side of the fire to simmer slowly until it is done. A round of fifteen pounds will take about three hours.

*Obs.*—Served with any boiled vegetables as a garnish, such as carrots, greens, &c. Peas or suet pudding is a good accompaniment. The outside slices may be used for potted beef.

## STEAKS—OR BEEBEE STEAK (COR.)

Should be cut from the best part of the rump, from half an inch to an inch thick. There is great art in cutting them nicely ; and, as they are used in this country mostly fresh, they require to be beat with a light roller for some time. Many cooks prick them all over with a fork ; but this deprives them of much of their flavour, although it makes them appear tender.

The time of cooking cannot be precisely laid down, as tastes vary so much in that point. A little garlie, onion, or shallot juice may be put into the dish, or it may be rubbed with asafætida. Those who are fond of a good steak will order that never more than one is to be served at the same time, and then brought hot-and-hot from the kitchen.

## GRILLED OR BROILED.

Cut the steaks off the rump or ribs of a fore-quarter ; have a very clear fire, and the gridiron clean and perfectly

hot ; lay on the steaks with meat tongs, turning them constantly till they are done enough ; sprinkle a little salt over them before taking off the fire ; serve perfectly hot, with a plain gravy and sliced onions, raw or fried, or rub a little butter over the steaks the moment of serving. The fat to be served with the steaks must be done separately, that the dripping of the grease may not smoke the meat.

*Obs.*—A gridiron that has its bars fluted is the best for dressing them on, as the gravy is preserved, and runs into a trough at the end.

#### FRIED.

Cut the steaks the same as for broiling ; prepare in the same way ; put some butter or ghee into a frying-pan, and when it is hot, lay in the steaks, and keep turning until done enough ; serve hot, with mushroom, oyster, brown, or any other sauce.

*Obs.*—If fried onions are to be served with them, they must be dressed after the steaks are removed from the pan, or else with brown onion sauce separately, as some persons have an objection to them. Frying steaks is the custom most generally practised in this country ; and as the meat is more equally dressed, evenly browned, and the gravy preserved, perhaps it is preferable to broiling.

#### STEAK PIE—OR BEEBEE STEAK KA PIE.

Cut the steaks off a rump, or any other good part of the beef (beat them with the rolling-pin), fat and lean together, about half an inch thick ; put over them salt, pepper, and parboiled onions, minced or grated bread, seasoned with pepper, salt, and pickled cucumber, minced ; roll them up, or pack them neatly into the dish, or lay the beef in slices ; add some spoonsful of gravy and a tea-spoonful of vinegar : cover with a puff paste, and bake it for an hour.

*Obs.*—In Devonshire, slices of apple and onions are added, when it is called squab pie.

## PUDDING.

Cut rump steaks, not too thick; if fresh, they must be beaten with a roller or chopper; cut them into thin pieces; then trim off all the skin, sinews, &c.; have some onions peeled and chopped fine, also some potatoes peeled and cut into slices a quarter of an inch thick; rub the inside of a mould or basin with butter; cover it with paste; season the steaks with pepper, salt, and a little grated nutmeg; put in a layer of steaks, then of potatoes, and so on till it is full; occasionally sprinkle some of the chopped onions; add to it four spoonsful of mushroom catsup, a little lemon pickle, and a wine-glass of broth or water. Roll out a top, and close it well by wetting the rims and pressing them together to prevent the water getting in; dip a clean cloth in hot water, sprinkle a little flour over it, and tie up the pudding; put it in a large pot of boiling water, and boil it two hours and a half; take it up, remove the cloth, turn it down in a dish; and when wanted, take away the basin or mould.

*Obs.*—This pudding may be made in half the time, by first partly dressing the steaks, vegetables, &c., in a stewpan with the advantage of being able to add any other seasoning you please, such as oysters, artichokes, bottoms, &c. Mock oyster sauce may be served with it.

## SIRLOIN OF BEEF

Is the prime part for roasting; when to be used, it should be washed, then dried with a clean cloth, and the fat covered over with paper, tied on with thread; care must be taken to balance the meat properly upon the spit; but if not exactly right, it is better to make it equal by fastening on a leaden-headed skewer, then pierce it again with the spit. It is to be basted with a little butter or dripping, and afterwards with its own fat, all the time it is roasting. Just before being taken up, it must be sprinkled with a little salt, then dredged up with flour, and basted till it is frothed. When

taken from the spit, a little boiling salt and water should be poured along the bone to mix with the gravy ; garnish with scraped horse-radish and slices of Yorkshire pudding.

*Obs.*—A sirloin will take about a quarter of an hour for each pound weight roasting.

#### KIDNEYS—OR GOORDA.

##### FRIED.

Cut them through the broad way, and skewer them flat ; lay them in a marinade of oil, vinegar, sliced onions, chopped parsley, and pepper ; do them slowly over a clear fire, and baste with a little butter ; have some minced parsley to strew over the edges ; sprinkle a little fine salt over them, and lay in the centre of each a bit of fresh butter, and serve very hot.

##### STEWED.

Cut across and fry them, and finish as stewed steaks with onions, mushrooms, &c. ; or cut them in pieces, and serve in a sauce with catsup, lemon pickle, &c.

##### PALATES.

Parboil, skin, and cut the palates into strips, or simmer them in stock until the skin will come off ; then stew them in stock with pepper, salt, a glass of wine, and seasoning ; let them simmer slowly until quite tender ; or when they are cut into strips, fry an onion in butter, and add the palates and a few sweet herbs ; moisten them with some highly-seasoned stock, and when ready add a little mustard.

##### ITALIAN STEAKS.

Take the steaks from the middle of the rump where tender ; rub them with pounded mace, pepper, and salt ; put them into a stewpan, and close the top with coarse paste ; put it over hot ashes for three or four hours.

*Obs.*—An *à la blaise* pan will answer the purpose better.

##### EXTRACT.

Prepare exactly as for beef stock or gravy, but instead of water use wine ; Cape, Marsala, in fact any white wine, may



be used ; simmer very slow with the top of the pot covered with fire, that the steam may not evaporate.

*Obs.*—Both this and the beef gravy may be made with a leg of beef only ; the ends of the marrow-bone must be sawed off, and to prevent the marrow from flowing it must be removed. It may be cooked in a jar in an oven or bainmarie.

#### FILLET OF BEEF BRAISED.

Take a sirloin, and carefully cut out the inside or fillet from underneath, leaving only a small portion of fat at the sides (lard it lengthwise with small lardoons of fat bacon) ; prepare and cut into slices four onions, one turnip, one carrot, one head of celery, one leek, a handful of parsley, a sprig of thyme, and four peach leaves ; moisten the whole with a cup of fresh-made ghee or olive oil ; lay your fillet in a deep dish, cover with the vegetables, and let it remain for twelve hours ; then place the fillet on a light spit ; spread the vegetables on two or three sheets of paper, and tie it carefully round with twine, so that the vegetables may not drop off whilst roasting. Oil the paper, or baste it with warm ghee, that it may not burn. Roast it, according to its size, for an hour or longer ; then remove the vegetables, brown it lightly with a salamander, and it is ready to be served with a sauce purée, or otherwise.

*Obs.*—The sirloin may be boned, and then stewed with the same kind of vegetables as are used for preparing the fillet, by putting them into a stewpan with a pint of water ; put over a brisk fire ; keep stirring it the whole time until reduced to a glaze, then put in the beef ; fill the stewpan with water, skim it while boiling, and let it simmer for three or four hours. Take it out, and serve with a good flavoured sauce, and such stewed vegetables as may be in season.

#### GLAZE.

Break the bones of a leg or shin of beef ; cover it with cold water, and set it near the fire to heat gradually till it nearly



boils for about an hour ; skim it carefully while any scum rises ; pour in a little cold water to throw up any scum that may remain ; let it come to a boil again and skim it carefully. When the broth appears clear, let it boil for eight or ten hours, and then strain it through a sieve into a pan and let it cool. The meat may be used for potted beef. Next day remove all the fat from the top of it, and pour it through a tamis or sieve as gently as possible into a stewpan, taking care not to let any particle of the settlings at the bottom go into the stewpan which should be well tinned if made of iron. Add a quarter of an ounce of whole black pepper to it ; let it boil briskly with the pan uncovered on a brisk fire ; if any scum rises, it must be removed with a skimmer. When it begins to thicken, and is reduced to about a quart, it must be removed to a smaller stewpan ; set it over a gentle fire till it is reduced to the consistency of a thick syrup, and take care it does not burn ; the least inattention, and your labour is lost. Take a little of it out in a spoon and let it cool ; if it sets into a strong jelly, it is done enough ; if it does not, boil it a little longer till it does. It is best preserved in small flat earthen pots ; or else if you prefer it in the form of cakes, pour it into a dish a quarter of an inch deep ; when it is cold, turn it out, and divide into pieces of an ounce and a half or an ounce each ; put them out in the sun to dry, and when hardened, keep in a canister or dry place.

*Obs.*—If it burns, it acquires a very disagreeable acid flavour.

#### HARRICOT.

A stewed brisket cut into slices, and served with the same sauce of vegetables as directed for Harricot mutton.

#### HUNTER'S BEEF.

Take a round of beef ; rub it well with three or four ounces of saltpetre ; put a board with heavy weights upon it to express the juice ; eight hours after, rub the beef well with the following mixed ingredients : all-spice three ounces,

cloves two, black pepper one, two pounds of salt, and half a pound of brown sugar ; put it into a large pan, and have the meat well rubbed every twelve hours ; squeeze over it a dozen limes cut in halves, with a glass of brandy ; when your beef is ready, cut two or three pounds of beef suet small ; put one-half in the bottom of the dish under the beef, and the rest upon the top ; cover it with a coarse paste of common flour and bake it. When cold, take off the crust, and pour off the gravy, which preserve.

## BEEF TEA.

Cut a pound of lean meat into thin slices ; put it in two pints and a half of cold water ; set it over a very gentle fire to become gradually warm ; remove the scum as it rises ; let it continue simmering gently for an hour ; strain it through a napkin, and let it stand ten minutes to settle, and then pour off the clear tea.

*Obs.*—The meat, if boiled till tender, may be used for potted beef. Beef tea may be flavoured by the addition of an onion and a few corns of black pepper, and a little mushroom catsup.

## BUBBLE AND SQUEAK.

Chop some boiled white cabbages, or the heart of any other with some potatoes ; season with salt, pepper, and a little butter, and some slices of cold boiled salted beef. Put the fried cabbage and potatoes into a dish, and lay round it the slices of beef fried ; serve very hot.

*Obs.*—The meat is best when under-done.

## POTTED BEEF.

Take three pounds of well-boiled salted beef ; pick out any gristle or skin ; chop it fine. Pound it carefully in a stone mortar with a little butter or fat till it is a fine paste ; season it by degrees, while you are beating it, with black pepper, all-spice, or cloves pounded, or mace or grated nutmeg ; put it in pots ; press it down as close as possible, and cover

it a quarter of an inch thick with clarified butter or beef suet ; the latter is best for India.

*Obs.*—The less gravy or butter, and the more labour given to pounding, will be the better, if you wish it to keep.

#### HAMBURG.

Put on in cold water a brisket of beef ; when it boils skim it well ; take out the beef and let it cool, and then rub it well with three handfuls of salt and an ounce of saltpetre ; beat it well with a rolling-pin for twenty or thirty minutes ; put it into a pickling tub ; strew over a handful of salt ; let it lie four days, turning and rubbing it occasionally ; put a little more salt, and let it lie four days more ; after which, sew it in a cloth, and let it hang twelve days in smoke ; grate and use it.

*Obs.*—As meat will only in the cold season allow of its being so long in the salt, add, if it is to be afterwards smoked, half a drachm or thirty drops of creosote to a wine-glass of brandy, and rub it over the meat ; this is an excellent preservative, and, if used in curing pork for boiling, gives it all the flavour of being smoked.

#### DUTCH.

Rub on an ox's heart two ounces of common salt, half an ounce of saltpetre, an ounce and a half of coarse brown sugar, and a little salt ; turn and rub it for nine days, then hang it in the kitchen to dry—it will become quite hard. When required for use, cut off a piece and boil, and when cold, grate it for spreading on bread and butter ; it may be served with curled butter over it.

#### SCOTCH COLLOPS.

Cut any pieces of tender lean beef into slices ; brown some butter and flour in a saucepan ; put in the beef with some salt, pepper, and a finely-minced onion (half a minced apple or some green papaw is an improvement) ; add a little hot water ; cover the pan closely, and stew till tender.

## GOBBITS.

Cut a piece of beef into small bits ; season them with pepper, salt, grated lemon peel and nutmeg, some parsley and shallot finely chopped ; fry them brown in butter, and stew them till tender in a rich brown gravy, adding a table-spoonful of vinegar and one of port wine ; put thickly over them grated bread, seasoned with pepper, salt, and a little butter, and brown them with a salamander.

## TO DRESS THE INSIDE OF A COLD SIRLOIN.

Cut off the meat with a little of the fat into strips three inches long and half an inch thick ; season with pepper and salt ; dredge them with flour, and fry them brown in butter ; then simmer them in a rich brown gravy ; add mushroom catsup, onion, and shallot vinegar, a table-spoonful of each ; garnish with fried parsley.

## OLIVES.

Cut the steaks very thin ; cover them with farce, which may be seasoned high with mushrooms ; roll up tight and tie them firm ; fry quick in beef dripping ; stew them in stock, and add ketchup, butter, and flour, or dip them in egg and crumbs ; fry and serve on an oyster ragout.

## MINCE COLLOPS OF BEEF.

Take beef, chop and mince it very small, to which add some salt and pepper ; put some ghce into a frying-pan, and slice some onions into it and fry them ; add a little water to it, and then put in the minced meat ; stew it well, and in a few minutes it will be fit to serve up.

## BEEF SAUSAGES.

Mince fine two pounds of beef, and a pound of suet, or what is called hogs' leaf, from the belly of a pig ; season high with pounded black pepper, salt, all-spice, and winter

savory ; mix and fill the small intestines that have been well scoured and cleaned ; tie them in lengths, and hang them in the smoke for use.

#### BEEF AND OYSTER SAUSAGES.

Scald three quarters of a pint of oysters in their own liquor ; take them out and chop them finely ; to every pound of beef add half a pound of suet, with an ounce of crumbs and an egg, a little garlic, sweet herbs, spices, and salt ; fill them in three inches length, or pack them closely into a jar ; when to be used, roll it into the form of small sausages ; dip them into the yolk of an egg beaten up ; strew grated crumbs of bread over them, or dust with flour, and fry them in ghee or fresh dripping ; serve them upon fried bread, hot.

*Obs.*—Mushrooms may be used instead of oysters or eray-fish ; and if made only as required, will be better suited to this climate.

#### COW-HEELS, OR OX FEET, TO DRESS.

First wash them well, and boil in plenty of hot water till the hoofs come off, and the hair can be peeled off and seraped clean ; wash them well again in fresh water, and boil till all the bones separate easily.

#### COW-HEELS, POTTED.

To pot them, cut them into small pieces ; add a little of the liquor, heat it, and season with some salt, pepper, and vinegar ; put it in a mould, and when it becomes cold turn it out. This is eaten with vinegar and mustard ; they may be served, without being cut small, either hot or cold ; if hot, serve with thick parsley and butter.

#### ANOTHER WAY.

Cut them into small bits ; dip them into the yolk of an egg beaten up, and rub them in bread crumbs, seasoned with



pepper, salt, and minced parsley; fry them in ghee or butter; cut into thin slices a good dish of onions; fry them in ghee, and serve them hot, with the fried heels laid upon them.

*Obs.*—The liquor may be made into jelly or soup, or used to enrich sauces or gravies.

#### OX-CHEEK, STEWED.

Clean, prepare the cheek, and put it into lukewarm water; let it lie three or four hours, then put it into cold water and let it soak for twelve more; wipe it clean; put it into a stewpan, and just cover it with water; skim it well when it is coming to a boil; then put two whole onions, sticking two or three cloves into each, three turnips quartered, a couple of carrots sliced, two bay leaves or peach, and twenty-four corns of all-spice, a head of celery and a bundle of sweet herbs, pepper, and salt; to these add cayenne and a little garlic if approved of. Let it stew gently till perfectly tender, about three hours; then take out the cheek, divide it into small pieces fit to help at table; skim and strain the gravy; melt an ounce and a half of butter in a stewpan; stir into it as much flour as it will take up; mix with it, by degrees, a pint and a half of the gravy; add to it a table-spoonful of basil, tarragon, or elder vinegar, or the like quantity of mushroom or walnut catsup or port-wine, and give it a boil. Serve up in a deep or ragout dish.

#### MARROW-BONES.

Saw the bones even, so that they will stand steady; put a piece of paste over the ends; set them upright in a saucepan, and boil till they are done enough. A beef marrow-bone will require from an hour and a half to two hours. Serve fresh toasted bread with them.



## PICKLING-SALT.

Brown sugar and common salt of each two pounds, saltpetre eight ounces, renders meat salted with it very finely flavoured and red.

## PICKLE FOR BEEF, HAM, OR TONGUE.

Boil together for twenty minutes two gallons of water, three pounds of bay salt, two pounds of common salt, two pounds of coarse sugar, two ounces of saltpetre, and two of black pepper, bruised and tied in a fold of muslin ; clear off the scum thoroughly as it rises ; pour the pickle into a tub or a deep earthen pan, and when it is quite cold lay in the meat, of which every part must be perfectly covered with it.

## PICKLE IN BRINE.

A good brine is made of bay salt and water thoroughly saturated, so that none of the salt remains undissolved ; into this brine the substance to be preserved is plunged, and kept covered with it. In this, vegetables, French beans, artichokes, and olives may be preserved.

## SALTING.

“Meat preserved with Carson’s salting machine will keep in proportion to the strength of the brine with which it is impregnated. If it be required to keep for a month, use the receipt marked No. 1 ; if two months, No. 2 ; if beyond that time, No. 3. Meat pickled with No. 1 will preserve the character of fresh meat, and No. 2 corned meat ; so that by this instrument and process, persons on a voyage may have provision nearly fresh for a great length of time, as by forcing a little salt and water (for example) to the bone, particularly where there is a joint, and around the pope’s-eye in a leg of mutton, the other parts will remain sweet without salt for many weeks, if hung in an airy place.”

## FOR MAKING PICKLE OR BRINE.

## No. 1.

Take of common salt (or neemuck) . . . . .	5 lbs.
Molasses (or suckher) . . . . .	$\frac{1}{2}$ lb.
Water (or panee) . . . . .	1 gallon.

Mix the whole together, and allow it to stand quiet for half an hour (or longer); then pour or strain off the clear liquid, taking care that no particle of salt or other substance pass into the machine: this is very important, as such particles may stop the hole in the nipple; but should a particle of salt or fat get into it, if the nipple be placed in hot water, the salt will be dissolved, and the fat can be blown out.

## No. 2.

Take of common salt (or neemuck) . . . . .	6 lbs.
Saltpetre (or soorah) . . . . .	$\frac{1}{4}$ lb.
Molasses (or suckher) . . . . .	$\frac{1}{2}$ lb.
Water (or panee) . . . . .	1 gallon.

Dissolve as above, using the clear liquor for the machine; the salt not dissolved to be poured or rubbed on the surface of the meat.

## No. 3.

## STRONG BRINE.

Take of common salt (or neemuck) . . . . .	7 lbs.
Nitre (or saltpetre or soorah) . . . . .	$\frac{3}{4}$ lb.
Water (or panee). . . . .	1 gallon.

Dissolve, and use as No. 2, covering the meat with salt; or place it in strong brine, after using the machine.

## No. 4.

## SWEET PICKLE FOR TONGUES AND HAMs.

Take of common salt (or neemuck) . . . . .	7 lbs.
Saltpetre (or soorah) . . . . .	$\frac{1}{2}$ lb.
Coarse sugar (or suckher) . . . . .	$\frac{1}{2}$ lb.
Water (or panee) . . . . .	1 gallon.

To be used the same as No. 2. If the ham, tongue, bacon, &c., is to be cured or smoked, it is only necessary to add to

each quart of the above pickle a table-spoonful or more of Hackin's essence of smoke.

*Obs.*—Essence of smoke is nothing more than a little creosote dissolved in spirits.

#### VEAL, TO CHOOSE.

The flesh of the bull and cow calf of this country is pretty much the same, though the latter is preferred for the udder. Choose the meat of which the kidney is well covered with white thick fat; the other parts should be dry and white; if clammy or spotted, the meat is stale and bad. If veal is in danger of not keeping, wash it thoroughly and boil the joint ten minutes, putting it into the pot when the water is boiling hot; then wipe it dry and put it into a cool place.

#### FILLET, ROASTED.

Take out the bone, and fill the space with stuffing or force-meat; put some also under the flap; serve it up with good melted butter and slices of lime over it. It requires particular care to roast it a nice-brown.

#### THE LOIN.

This is considered the best part of the veal; the clump end must be stuffed like the fillet, and a toast may be put under the kidney, the fat being as delicate as marrow. Serve with melted butter, the same as a fillet.

#### SHOULDER OF VEAL.

Stuff, as for fillet, with force-meat, and serve as the same

#### LOIN OF VEAL AUX PETITS POIS.

Prepare and roast the loin; put two ladlesful of white sauce into a stewpan with a quart of boiled peas (previously

dressed with a sprig of mint), a little salt, a tea-spoonful of sugar ; let it boil up, then add two table-spoonsful of butter, with a little arrowroot ; shake the whole over the fire ; pour it into a dish, and place the loin in the centre ; serve quite hot.

*Obs.*—The peas may be dressed in a brown sauce, with a little chopped parsley, and served with a roast loin or breast of veal.

#### THE KNUCKLE OF VEAL

Is generally boiled plain, and sent up with parsley and butter.

#### LOIN OF VEAL A LA PURÉE DE CELERI.

Having your veal nicely roasted, place a border of mashed potatoes round the dish ; take some sticks of celery, cleaned, cut off the tops, and make a purée. Stew the bottoms in some consommé with a little sugar until tender ; place them upright in the border of potatoes, with the veal in the centre, and pour the purée of celery round ; serve quite hot. The purée should be of the consistence of good cream.

#### NECK

May be made into pie or broth.

#### TO BLANCH VEAL OR FOWL.

Veal of every part is to be made firm by means of boiling-hot water ; also lay the flesh of any kind of fowl required to be rendered firm in hot water, allowing it to remain undisturbed at a short distance from the fire, plunging it afterwards into cold water. Especially veal intended for cooking, or previously cut up into proper pieces for a fricassee, is to be kept for a quarter of an hour in boiling water at a distance from the fire, and then removed and washed in cold water. A leg or breast of veal must be set on the fire with cold water, to draw it a little ; it must not,

however, boil, as that extracts much of its goodness. Remove it from the fire, cover it over, and let it stand a quarter of an hour, after which it will be found to have become perfectly drawn and whitened. Take it out and lay it in cold water; wash it, and dry it with a clean cloth.

CALF'S HEAD—OR BUCHROO KA KULLAH—TO BOIL.

Cut it in two, and take out the brains; wash the head well in several waters, and soak it in warm water for ten minutes before dressing; then put the head into a saucepan with plenty of cold water, and when it begins to boil, carefully remove the scum as it rises. It must be stewed very gently till it is tender, and serve with fine parsley and butter; the brains and tongue in a separate dish; the brains made into a sauce with chopped sage, cream, &c.

*Obs.*—When cold, it is very tasteless, but serves to make an excellent hash; the liquor in which it was boiled may be converted into soup.

DRESSED CALF'S HEAD—OR BUTCHROO KA KULLA—HASHED.

Take any of the head and tongue that remains, and cut into squares or slices; sprinkle over it a little salt, pepper, and nutmeg, and dredge or powder it with a little fine flour or arrowroot. If any soup of the previous day remains, make it up to a pint with good mutton broth, adding a glass of white or red wine, with three spoonsful of mushroom catsup; put the meat into it and give it a boil-up; when it is ready, squeeze in the juice of a lime.

*Obs.*—A good cook will judge how much flour or arrowroot is necessary to thicken the quantity of gravy used, as much must depend upon the remains of the head, &c.

ROAST.

Wash and clean it well; parboil it; take out the bones, brains, and tongue; make force-meat sufficient for the head, and some balls, with bread crumbs, minced suet, parsley,

grated ham, and a little pounded veal or cold fowl; season with salt, pepper, grated nutmeg, and lemon-peel; bind it with an egg beaten up; fill the head with it, which must then be sown up or fastened with a skewer and tied. While roasting, baste it well with butter; beat up the brains, with a little cream, the yolk of an egg, some minced parsley, a little pepper and salt; blanch the tongue—that is, skin it; cut it into slices, and fry it with the brains, force-meat balls, and thin slices of bacon; serve the head with white or brown thickened gravy; place the brains, tongue, and force-meat balls round it; garnish with sliced lemon. It will take one hour and a half to roast.

#### CALF'S HEAD BIGARREE.

Clean and blanch a calf's head; boil it till the bones will separate easily, then bone and press it between two dishes to give it an oblong shape; beat well the yolks of four eggs, a little melted butter, pepper and salt; divide the head when cold, and brush it all over with the beaten eggs, and strew over it grated bread; repeat this twice; with the grated bread that is put over one-half, a good quantity of finely-minced parsley should be mixed. Place the head in a dish, and bake it of a nice brown colour; serve with a sauce of parsley and butter, or one of good gravy mixed with the brains, which have been previously boiled and chopped; season with a little white pepper and salt.

#### RUSSIAN METHOD.

Simmer it in sugar and water till the bones come out; keep the cheeks whole; cut the remainder in pieces; put it all but the cheeks again into the stock; stew it till it becomes like a jelly, and when there is just time sufficient to stew some raisins, have them ready cleaned and rubbed, and put them in whole; vinegar and more sugar are to be added, if necessary, to give it an agreeable taste. The tongue and



brains are served up separately, with a little of the gravy thickened, and seasoned with port wine and a little whole pepper.

#### POTTED CALF'S HEAD.

Wash and clean half a head if large, or the whole if small; let it lie a few hours to soak, changing the water occasionally; then put it into a stewpan with the feet that have been well cleaned, four onions minced, some parsley, thyme, salt, and cayenne; put as much water as will cover it, and let it stew gently for three or four hours; then take out the head and feet; separate it from the bones; mince and add some more pounded black pepper and salt, then strain the liquor upon it; stew for half an hour, and put it into moulds.

#### VEAL OLIVES.

Cut half-a-dozen slices off a fillet of veal, half an inch thick, and as long and as square as you can; flatten them with a chopper, and rub them over with an egg that has been beaten; cut some fat bacon as thin as possible, the same size as the veal; lay it on the veal, and rub it with a little of the egg; make a little veal force-meat, and spread it very thin over the bacon; roll up the olives very tight; rub them with the egg, and then roll them in fine bread-crumbs; put them on a small skewer and roast them at a brisk fire. They will take three quarters of an hour.

#### VEAL COLLOPS.

Cut some slices from the upper part of the leg, and then prepare some grated bread, seasoned with cayenne pepper and salt; rub the slices over with the yolk of egg, and then dip them in the bread-crumbs; fry them in a stewpan in a small quantity of butter until both surfaces are nicely browned; then place them on one side.

Prepare a gravy with a tea-cupful of water (consommé is best), a small piece of butter rubbed in flour, half-a-dozen sprigs of parsley, some sweet herbs, two burnt onions, three cloves, and a little mushroom catsup; let these simmer on a slow fire for half an hour, stirring occasionally; garnish with lemon.

#### VEAL CUTLETS.

Prepare the cutlets, nicely flatten, and dredge a little fine salt over; dip them in melted butter, and put them upon a hot gridiron over a very clear fire, but not too hot; turn them quickly, to prevent the butter dropping, and to harden them; to preserve the juice let them be well cooked, and of a fine colour; dish them on gravy, and garnish with tufts of fried parsley or crumbs.

#### CUTLETS (SCOTCH).

Cut thin; beat them well; lay them in vinegar, mace, pepper, and salt for some hours; fry them slowly a light brown, and pour into the pan a little seasoned stock; let them simmer, and thicken with flour and butter.

#### MINCED VEAL.

Mince it as fine as possible (do not chop it); put it into a stewpan, with a few spoonsful of veal or mutton broth, a little lemon-peel, minced fine, a spoonful of milk or cream; thicken with butter and flour, and season it with salt, a table-spoonful of lemon-pickle, or a little lemon-juice.

#### FRIED LIVER AND BACON.

Cut the liver rather thin, but not too thin, so as to harden in the frying; chop a quantity of parsley; season it with pepper, and lay it thick upon the liver; cut slices of bacon, and fry both together; add a little lemon-pickle to the gravy made by pouring the fat out of the pan, flouring, and adding boiling water.

## VEAL KIDNEYS.

Cut three kidneys into thin slices ; put a spoonful of ghee or butter into a stewpan, and just as it begins to get brown throw in the kidneys ; stir them about, and as soon as they get brown, shake in a dessert-spoonful of flour ; stir it well, and add a wine-glass of white wine, a quarter of a pint of broth, some small mushrooms, and let all boil together for five minutes ; season with pepper, salt, nutmeg, and the juice of a small lime ; if too thick, reduce with a little broth ; serve plain, or as for *ris de veau en caisses*, or in a croustade of bread of a light brown colour.

## CROQUETTES OF VEAL OR FOWL.

Pound in a mortar cold veal and fowl, with a little suet, some chopped lemon-peel, lemon-thyme, chives, and parsley ; season with nutmeg, pepper, and salt ; mix all well together ; add the yolk of an egg well beaten ; roll it into balls, and dip them into an egg beaten up ; then sift bread-crumbs over them, and fry in ghee or butter.

## CROQUETTES OF SWEETBREAD.

Mince some cold sweetbreads which have been dressed, and boil them in a white sauce or veloute ; when quite cold, form them into balls, or rolls about two inches long ; fry and serve them with fried parsley in the middle. Or make the croquette meat into a rissole ; roll out a piece of thin puff paste, enclose the meat in it, brush it over with a beaten egg, and strew over it grated bread ; fry it of a light brown colour.

## CUTLETS OF VEAL, FOWL, OR MUTTON, WITH LOVE-APPLE SAUCE.

Prepare cutlets of veal, fowl, or mutton ; nicely flatten, and dredge a little fine salt over ; dip them in melted butter, and put them upon a hot gridiron over a very clear fire, but not too hot ; turn them quickly to prevent the butter

dropping, and harden them to preserve the juice ; then cover them with the following sauce previously prepared :—Take twelve ripe tomatas ; cut them into halves ; squeeze them just enough to get all the water and seeds out ; put them in a stewpan with a capsicum and two or three table-spoonsful of beef gravy ; set them on a slow fire till properly melted ; then rub them through a tamis into a clean stewpan, with a little white pepper and salt ; simmer them together a few minutes ; thicken, if requisite, with a little butter rolled in arrowroot or flour.

*Obs.*—An onion, with a clove or two, or a little tarragon vinegar, is sometimes added.

#### COTELETTES DE VEAU A LA SANS FACON.

Prepare and shape your cutlets nicely ; cut off the skin or any unnecessary part ; dip them into beaten egg ; then into a dish of bread-crumbs, finely-chopped parsley, and eschalots ; flatten with your knife ; then dip them into boiling ghee, and then again into the bread-crumbs ; flatten again with your knife, and boil them over a clear fire ; dress them in a tasteful manner, or with nicely-mashed potatoes.

#### ESCALOPES DE RIS DE VEAU EN CAISSES,

Blanch some sweetbreads ; cut them in slices a little thinner than the fourth of an inch ; place some ghee in a saucepan, with two table-spoonsful of finely-chopped young onions ; lay the sweetbreads over ; season with pepper and salt, and place them over a slow fire ; when done, add a table-spoonful of chopped mushrooms, the same of parsley, half a pint of brown sauce, a little glaze, half a pint of clear broth, some grated nutmeg, and sugar ; simmer and keep shaking the whole well together for ten minutes ; have ready some small paper cases ; fill each three parts full ; egg the top ; sprinkle some bread-crumbs over, and place them in an oven for twenty minutes ; pass a salamander over, and dress them tastefully in a dish.

## MUTTON—OR BHARKE KA GOSH.

The selection will, of course, depend upon its appearance ; a fine grain, with firm white-looking fat, and a plumpness in the meat not yielding to the finger like dough when pressed, is to be chosen. Butchers are constantly in the habit of blowing their meat to give it a fulness ; such should always be rejected. It is not only a very dirty custom, but the meat will never keep so long as it otherwise would if dressed without this practice, and which a butcher, unless particularly cautioned, is sure to do. The finest mutton is wedder, of from five to six years old, that has been fed on grain, and is generally priced at more than treble the common country meat. The flesh of ewe mutton is paler, and not of so high a flavour ; ram and goat mutton is larger, the flesh a deeper red, and strong tasted.

The joints principally brought to table in this country are the saddle, hind, and fore-quarter, leg, and loin. The saddle at large parties is sometimes cut with a portion of the hind legs attached, which, when dressed, though it may give it the appearance of being large and finer, is anything but recommendable, from its unsightliness, as well as being very uneconomical.

## SADDLE OF MUTTON.

This joint should be hung as long as possible, the kidneys being removed ; a few cloves of garlic, stuck under the fat, improves its flavour. When to be dressed, divide the tail, and skewer the pieces back in a ring on each side ; let the flaps also be turned under, and the joint carefully put on the spit ; before it is dished, sprinkle it with salt, dredge it with flour, and froth it nicely.

## HAUNCH OF MUTTON.

This joint is prepared and dressed the same as the saddle ; a couple or more cloves of garlic may be stuck in the



knuckle, and, if necessary, a little pounded ginger and black pepper rubbed over it.

*Obs.*—To dress it like venison, after it has hung a sufficient time, lay it in a dish, and soak it in port wine, turning it frequently ; then paper up the fat, and roast it, basting it with butter and the wine mixed together ; serve with gravy and currant jelly sauce.

#### FORE-QUARTER OR SHOULDER.

Either of these joints may be roasted and dressed in the usual manner, or if salted for a day or two and boiled, should be smothered with onion sauce ; this sauce is also sent to table sometimes with the roast shoulder. It is an economical plan to salt the shoulder for boiling, and dress the remainder either as a braise, ehops, harrihot, cutlets, &c.

#### LEG OF MUTTON

May be roasted, boiled, stewed, cut into streaks, &c. If roasted, it is dressed as the haunch or shoulder ; beet-root is a proper accompaniment. When to be boiled, it should be put in a paste or cloth to keep it clean ; serve with caper sauce, mashed turnips, or other vegetables.

*Obs.*—It is unnecessary for the purpose of this work to enter into the details of roasting and boiling the different joints minutely. I consider it sufficient to mention the way in which they should be served and sent to table.

#### HARRICOT OF MUTTON.

Take a tender neck or loin of mutton ; cut into chops of equal thickness ; flour and fry them brown in a little butter, and drain them on a cloth ; spread over a dish or sieve, then put them into a stewpan, and cover with gravy, which may be made in the frying-pan by the addition of a little boiling water ; add one large or a dozen small button onions, a couple of turnips cut into slices, and stew gently until the meat is tender ; then take out the chops and vegetables ;



strain the gravy, removing all the fat ; put some butter into the stewpan, with a little flour, and stir it until melted and smooth ; add the gravy to this by degrees, and stir together till it boils. Have ready some carrots and turnips, cut into slices, with a few small onions parboiled ; add these to the meat ; season with pepper and salt, and simmer gently for a quarter of an hour ; then take out the chops, lay them in a dish, and cover with the sauce and vegetables.

*Obs.*—Beef steaks and veal cutlets may be dressed in the same way.

#### WHITE SAUCE FOR HARRICOT.

Cut some young turnips into small-sized balls or any other shape, blanch them in boiling water, and drain them ; stew them, with a little sugar and a few table spoonsful of clear broth, on a quick fire ; reduce them to a glaze, and then take them off ; pour in four or five spoonsful of broth or bechamel ; season with salt, and if too thick, add a little cream, and cover the chops with the sauce.

#### GIGOT A L'AIL ; LEG OF MUTTON WITH GARLIC.

Shred as much garlic as you please ; put it into five different waters, with a little salt ; boil it five minutes in each ; drain, and place in the dripping-pan under the mutton whilst roasting ; or else put the garlic with some of the gravy into a stewing-pan, and give it a gentle browning.

#### HASHED MUTTON.

X Trim of all sinews, skin, and gristle ; cut the meat into neat slices, and lay it on a plate on one side ; take the remainder of the joint, bones, &c., and cover them with boiling water ; add some peppercorns, the same of all-spice, a few sprigs of parsley, half a head of celery cut into slices, with some lemon-thyme ; let this simmer gently for half an hour ; slice a little onion, put it into a stewpan, with a table-spoonful of butter, and fry it over a quick fire until a

light brown; then stir in as much flour or arrowroot as will make a thick paste by degrees; add the gravy you have made, and let it boil very gently until it is of the thickness of cream; then strain it into a basin, and put it back into the stewpan; season it with a spoonful of walnut or mushroom catsup, or pickled onions, girkins, capers, &c., (cover the bottom of a dish with sippets of bread); put in the meat, and let it simmer gently, but do not let it boil; place it in the dish, with the gravy over the sippets, plain or fried, and serve. X

## A PLAINER WAY.

Cut the meat as directed in the last receipt; sprinkle it with flour or arrowroot; make a gravy with the remainder, to which add a few slices of onions; when sufficiently done, season with pepper and salt, and any pickle liquor; add the meat, and let it warm up, but not boil; garnish with fried sippets cut into the shape of dice.

## MAINTENON CUTLETS.

Cut your mutton into chops; beat them flat with a rolling-pin; mash the yolk of a hard-boiled egg, and mix with it chopped sweet herbs, grated bread, nutmeg, salt, and pepper; cover the chops with it, and put each into a piece of clean, well-buttered paper; broil them over a clear fire, turning them often; serve in the paper, or with brown gravy.

## CHOPS.

## TO BROIL.

Trim your chops nicely; sprinkle a little pepper and salt over them, and broil over a clear fire.

## FRIED IN POTATO BATTER.

Dress your chops à la Maintenon; remove the paper; then cover with mashed boiled potatoes, bound together with the yolks of eggs; fry them in hot ghee to a nice delicate brown.

## MUTTON CHOPS.

Cut your chops and trim them ; dip them into hot melted butter or warm ghee ; cover with grated bread, mixed with chopped parsley, a little sweet marjoram, salt, and pepper ; then dip the chops into the yolks of eggs beaten up, and sprinkle them with crumbs of bread ; fry them in butter, and serve with a thickened gravy.

## ANOTHER WAY.

Cut the chops off a loin of mutton ; pare off the fat ; dip them into a beaten egg, and strew over them grated bread, seasoned with pepper and salt, and some finely-minced parsley ; fry them in a little butter, and lay them upon a sieve to drain near the fire ; thicken about half a pint of gravy, add a table-spoonful of mushroom catsup and one of port wine ; put the chops into a dish with the gravy, and garnish with fried parsley or sliced lime, or as *cotelettes de veau*.

## KIDNEYS WITH CHAMPAGNE.

Take six or twelve kidneys, according to the quantity that you wish to dress ; remove the skins ; cut and mince them into small slices ; have a little bit of lean bacon cut into squares ; fry them with a very little bit of butter ; when the bacon is of a good colour, put in the kidneys, taking care to shake the pan frequently so as to fry them equally ; when they are done, strew over them a little salt and pepper, some parsley chopped very fine, and a very small bit of shallot well chopped, also throw in a little flour ; stir up all with a spoon, then moisten with a glass of white champagne, but do not let it boil, otherwise the kidneys will be hard and uneatable ; add a little lime and a little cayenne, and observe that this dish should be well seasoned. Put the kidneys first in the dish, and let the sauce have one boil to do the flour ; mind that the sauce be properly thick to add to the meat, but not too much so.

## BROILED KIDNEYS.

Cut the kidneys open in the centre, and remove the skin that covers them; then keep the two sides open with a small skewer of wood; dust them well with pepper and a little salt; dip them into melted butter; broil the side that is cut open first; then turn them, that they may retain their gravy. Have ready some chopped parsley, mixed with fresh butter, lemon-juice, pepper, and salt; put a little over each kidney, and serve on a hot dish.

## FRENCH WAY.

Cut the kidneys into very thin slices; flour and fry quickly until they are quite crisp; while frying, add pepper and salt; serve in a good brown gravy, slightly flavoured with garlic.

## SQUAB PIE.

Cut apples or white pumpkin as for other pies, and lay them in rows with slices or pieces of mutton, pork, or bacon; shred two or three middle-sized onions, and sprinkle amongst them, adding salt, pepper, and sugar, with a sufficiency of clear gravy or water; cover with a paste as usual.

## SHEEP'S BRAINS—OR BHAREE KA MUGGUG—FRIED.

Take the skin from the brains, without breaking them, and let them soak for two hours in lukewarm water; when they are quite white, put them into a stewpan, half full of boiling water, with half a pint of vinegar and some salt; let them boil till they are firm, which they will soon be; then put them to drain; make a very light batter; cut and dip them into it; fry of a nice brown over a quick fire. They require a good deal of frying. Garnish them with fried parsley.

## SHEEP'S TROTTERS.

Stew them gently until the bones come out ; save the liquor they are boiled in for stock ; take out the bones, and stuff the skin with force-meat ; stew them in some of the stock for half an hour, which must be flavoured with onions, chopped parsley, pepper, salt, and a little mushroom catsup or Harvey sauce.

## HAGGIS.

Wash and clean the hearts and lights, or the pluck ; cleanse and parboil them, then mince very small ; add one pound of chopped suet, with two or three large onions minced, and four table-spoonsful of flour or oatmeal ; season highly with pepper and salt, and mix all well together, the bag or stomach being very clean ( which it can only be made by continual fresh washings and soakings); put in the above ingredients and press out all the air ; sew it up, and boil for two or three hours. A cloth that has been wetted and sprinkled with flour may be used, or it may be boiled in a jar tied over.

## MUTTON HAM.

Take a large fat leg of mutton (lean meat will not answer), two ounces of raw sugar, four ounces of common salt, and half a spoonful of saltpetre ; the meat is to be well rubbed with this, and then placed in a deep dish ; it must be beaten and turned twice a day for three days ; the scum which comes from the meat having been taken off, it is to be wiped and again rubbed with the mixture, and the meat well rolled ; this should be done for eight or ten days, and the meat should be regularly turned, after which it is to be exposed to smoke for ten or twelve days, or dipped in pyroligneous acid.

*Obs.*—Green mango wood is the best for smoking meat with.



## LAMB.

When carefully fattened, this is light and suitable for delicate stomachs; the generality brought to market and offered for sale is far inferior to the mutton, and very seldom fit to be put on the table; indeed, few Indian legs of mutton exceed in weight the leg of lamb at home.

## SADDLE OF LAMB AUX PETITS POIS.

Roast a saddle of lamb or of small mutton in the same manner with vegetables as directed for a fillet of beef, and brown it with a salamander. Put a quart of boiled green peas into a stewpan, with two ounces of butter, a tea-spoonful of sugar, a little arrowroot, and six table-spoonsful of cream; shake them round well over the fire; pour them in the dish, and dress the saddle over them.

## TO BOIL A LEG.

Place it in cold water and simmer gently, allowing a quarter of an hour or little more to each pound; the loin, cut into chops and dressed, may be put round it.

## TO ROAST A LEG.

It may be prepared in different ways for roasting, such as larding with ham or bacon, or forced with oysters or mushrooms; but it is most usual here to dress the loin and leg together, and send to table with plain clear gravy and potatoes brown round it. Mint sauce is generally served with roast or boiled lamb.

## FORE-QUARTER

When roasted whole, either at or before sending to table, the shoulder may be raised and a pat of butter laid between the meat with cayenne pepper, lime-juice, and a table-spoonful of mushroom catsup.

*Obs.*—A fore-quarter of kid is to be dressed in the same way; both should be served quite hot, with mint sauce, in a butter-boat.



## STEWED BREAST WITH CUCUMBERS.

Half-roast it, either in the regular manner or in a stewpan, and give it a nice brown appearance; then add a sufficient quantity of stock, with sliced cucumbers, sweet herbs, pepper, and salt; stew it gently without boiling, and thicken the sauce, before serving, with flour or arrowroot.

*Obs.*—The breast may be boiled plain, and served with mashed turnips or white beet-root.

## SHOULDER OF MUTTON OR LAMB A LA POLONAISE.

Cut the meat from the top, and a little from the bottom (of a cold roast shoulder), so as to preserve the shape; lay the shoulder in a baking dish, and surround the joint with mashed potatoes; mince the meat; cut off very fine; chop up an onion; put it into a stewpan, with a little butter, and fry a light brown; add a table-spoonful of arrowroot, a pint of brown sauce, with half the quantity of stock; boil for a few minutes; add the minced meat, season with salt and some mushroom catsup; then add the beaten yolks of a couple of eggs; stir the whole well; when the eggs have set, put it over the shoulder, and egg it well; sprinkle it with bread-crumbs, and bake it in a moderate oven. Salamander a light brown, and serve with a little seasoned gravy round it.

*Obs.*—A cold saddle may be dressed in the same way, only when cutting off the meat, leave the flaps entire to preserve the shape.

## BREAST WITH GREEN PEAS AND BROWN SAUCE.

Braise the whole breast; when it is done, take out the small bones; flatten it between two dishes, and let it cool; next cut it into the size of small chops, and warm it in some of the liquor in which the breast has been braised; lastly, drain and glaze and cover it with the peas in the following manner:—Take some very fine peas, which prepare (see

French fashion) with a little fresh butter ; drain them, then simmer them over a very slow fire, with a small slice of ham, and a bunch of parsley and green onions ; when they are nearly done, take out the ham, parsley and onions ; finish dressing them with two spoonsful of espagnole and a little sugar ; cover the meat with this. If you have no espagnole, put a tea-spoonful of flour with the peas ; moisten with some of the liquor which has braised the breast of lamb or mutton ; reduce it, and season with salt and pepper.

#### LEG OF LAMB A LA PALESTINE.

Boil your leg of lamb either in a cloth or paste ; when ready, dress it over with a purée rather thicker than usual of Jerusalem artichokes.

*Obs.*—A boiled leg may also be dressed with a purée of turnips or spinach.

#### FORE-QUARTER OF LAMB AUX POINTS D'ASPERGES.

Roast your lamb with a paper over it ; have ready a sauce prepared with the green tops of asparagus ; pour it round the lamb, and serve hot.

#### BREAST WITH PEAS AND WHITE SAUCE.

Take a breast of lamb, which braise as above ; stew the peas also in the same manner, but instead of using espagnole, you must use some *tournée*, or a small bit of butter and a tea-spoonful of flour will answer the same purpose ; moisten with broth only. Thicken the sauce with the yolks of two eggs to give a white appearance.

#### TO FRY A BREAST.

Fry it plain, or dip it in an egg well beaten on a plate, and strew some fine stale bread-crums over it ; garnish with crisp parsley, and serve with grill sauce.

## SHOULDER GRILLED.

First boil it ; score it in chequers about an inch square ; rub it over with the yolk of an egg, pepper, and salt ; strew it with bread-crumbs and dried parsley or sweet herbs ; broil it over a clear fire till it is a nice light brown colour ; send up some gravy with it, or make a sauce for it of flour and water well mixed together, with an ounce of fresh butter, a table-spoonful of mushroom or walnut catsup, and the juice of half a lemon or lime.

## HOTCH-POTCH.

X Take as many mutton or lamb chops as you please ; cut off the fat ; prepare carrots, turnips, onions, green peas, celerly, lettuce,—in fact any vegetables (pepper and salt) ; cut into small slices, place a layer of chops first in the stewpan, cover with the mixed vegetables, put on another layer of chops, and so on until the whole is added ; then cover with water, and let it simmer for two or three hours gently. The vegetables must be very well cooked, but not dissolved.

## FRICANDELLANS.

Mince the lean of cold lamb or veal very fine ; soak a large slice of bread in boiling milk ; mash it, and mix with it the minced meat, a beaten egg, some boiled chopped parsley and thyme, a little grated lemon-peel, pepper, and salt ; make it into small flat cakes, and fry them in butter or ghee. Serve up dry, or with a little rich gravy.

## SWEETBREAD A LA DREUX.

Select them of a large size and very white ; pare the sinews and the fat ; throw the sweetbreads into warm water, and let them disgorge the blood, and make them as white as possible ; blanch them thoroughly, which is known by their becoming quite firm under your fingers ; as long as you feel a softness in them, they are not blanched through.

Then set them to cool in cold water ; lard them with ham chequer-like, very close to the level of the sweetbread ; put the sweetbreads between layers of bacon, and stew them three-quarters of an hour ; next drain and glaze them, and serve up either with veloute sauce or espagnole.

#### LAMB'S SWEETBREADS.

Blanch them and put them a little while into cold water, then put them into a stewpan, with a ladleful of broth, some pepper and salt, a small bunch of onions, and a blade of mace ; stir in a bit of butter and flour, and stew half an hour. Have ready the yolks of two or three eggs well beaten in cream, with a little minced parsley, and a few grates of nutmeg ; put in some boiled asparagus-tops to the other things ; do not let it boil after the cream is in, but make it hot, and stir it well all the while ; take great care it does not curdle. Young French beans or peas may be added ; first boil of a beautiful green.

#### LAMB OR KID PIE.

Take any part of the fore-quarter or loin ; cut it into slices, and season as fowl or veal pie, or simply with mushrooms, spices, and sweet herbs. Artichoke bottoms and hard-boiled eggs may be added.

#### FRICASSEED LAMB'S SECRETS.

Skin and wash, then dry and flour them ; fry of a light brown in ghee or butter ; lay them on a sieve before the fire till you have made the following sauce : thicken almost half a pint of veal gravy, with a bit of flour and butter, and then add to it a slice of lemon, a large spoonful of mushroom catsup, a tea-spoonful of lemon pickle, a grate of nutmeg, and the yolk of an egg beaten well in two large spoonsful of thick cream ; put this over the fire, and stir it well till it is hot and looks white ; do not let it boil, or it will curdle ; then put with it the fry, and shake it about over the fire for a minute or two ; serve in a very hot dish.

## PORK

If young, the skin of pork is thin, and the lean breaks with a pinch under the finger. If the skin is hard and thick, it is old ; though the old is the best for hams. When fresh, the meat is smooth and dry ; if soft and spotted, it is tainted ; the fat should be clear and of a whitish colour, free from kernels, as in such a state it is unwholesome.

## PORK, TO ROAST.

When the skin is left on the joint which is to be roasted, score it across in narrow strips, or in diamonds about a quarter of an inch apart, before it is put to the fire ; rub a little sweet oil or ghee over the skin, particularly if the meat be not very fat ; this makes the crackling crisp and brown, and is the best way of preventing its blistering, which is always the case if put too near the fire. Pork may be stuffed with sage and onions, as for ducks. Joints from which the fat has been pared will require less roasting than those on which the skin is retained. Brown gravy, apple, tamarind, or tomata sauce are the usual accompaniments to all roasts of pork, except a sucking-pig, which is served with currant jelly, prune sauce, or bread sauce with currants in it.

## TO BOIL A LEG OF PICKLED PORK.

Wash it well from the pickle, and scrape it as clean as possible ; simmer it slowly—it must have half an hour to the pound. Skim the pot very carefully, and when you take the meat up, scrape and trim it well ; if it is to be served with the skin, score it in diamonds or dice, and take out every other square ; glaze or sift over fine sugar, and set it in an oven, or glaze it with a salamander ; serve with peas pudding. A hand or any other piece of pickled pork is served in the same way. If not done enough, it is uneatable ; if too much, it loses its colour and flavour.



## TO PICKLE.

See receipt for beef, hams, &c.

## LOIN OR NECK OF PORK A LA BOURGINGNOTE.

Trim the loin, remove the skin, and cover it with paper ; previous to roasting, chop up six large onions ; put them into a stewpan, with two table-spoonsful of butter ; place it over the fire ; when tender, add a table-spoonful of flour or arrowroot, with a ladleful of brown sauce ; mix and boil the whole well, then add a tea-spoonful of chopped sage, some sugar and salt ; stir in the beaten yolks of four eggs ; when set, remove immediately from the fire ; then spread it over the pork half an inch thick ; place it in the oven for a few minutes, and brown with a salamander. Serve with a sauce prepared as follows :—Brown sauce, half a pint, consommé, four table-spoonsful ; one of sage, two of mushroom catsup, a tea-spoonful of chilli vinegar, a little sugar and salt.

## PORK CHOPS.

Cut the chops about half an inch thick ; trim them neatly ; put a frying-pan on the fire, with a bit of butter ; as soon as it is hot, put in your chops, turning them often till brown all over. They will be done enough in about fifteen minutes ; season with a little finely-minced onion, powdered sage, pepper, and salt.

## ANOTHER WAY.

Prepare the chops as in the last receipt ; dip them into a beaten egg, and strew over them bread-crumbs, finely-minced onions, powdered sage, pepper and salt, and fry in a little butter or ghee, and lay them upon a sieve near the fire to drain.

## SUCKING-PIG.

## TO SCALD.

As soon as it is killed, dip it into cold water for a few minutes ; then rub it over with finely-pounded resin, and



plunge it into scalding water for a minute ; take it out, lay it on a board, and serape off all the hair ; if any remains, that part must be dipped in again ; when clean, wash it well in warm water, and then in cold, several times. Take off the feet at the first joint ; slit open the belly ; take out the liver, heart, and entrails ; wash the pig thoroughly in cold water ; dry it and fold it in a cloth ; the sooner after this that it is roasted the better.

#### TO ROAST.

Stuff the belly with some bread, chopped sage-leaves, butter, an egg, salt and pepper, and sew it up ; skewer the legs back, and lay it near a brisk fire until thoroughly dry ; as it becomes warm, rub it with some butter in a cloth all over ; then dredge it well with flour, and when roasted serape the flour off and rub it again with the buttered cloth ; lay it on a very hot dish, and cut it up ; mash the brains with a little gravy, and some of the stuffing, and serve in a sauce-boat.

*Obs.*—The plain way of sending a roasted pig to table is simply with a lime in the mouth, accompanied with currant, prunes, apple, sweet tamarind sauce, or bread sauce, with currants in it.

#### TO BAKE.

Prepare the pig exactly as for roasting ; lay it in a dish, and brush it all over in every part with the white of an egg well beaten, and put it in the oven to bake, when it will be nicely crisped.

#### BRAWN, TO COLLAR.

Wash, separate, and clean very thoroughly a large boar or pig's head, feet, and ears ; lay them into a good brine for twelve hours or more, with a little saltpetre. To make the collar larger, boil two ox-heels with the head, feet, and ears, until all the bones can easily be taken out ; then lay

the head flat, and the feet and small pieces into the middle ; roll it together while hot, and press it with a heavy weight until it becomes cold. Boil for half an hour in as much of the liquor as will cover the brawn, a handful of salt, one ounce of black and white pepper, mixed, and one or two bay leaves ; when cold pour it over the brawn.

*Obs.*—In India, you are necessitated to omit the bay leaves ; a few peach leaves may be substituted.

#### MOCK BRAUN.

Take the blade-bone out of the shoulder of a pig, and boil it gently two hours or more, according to the age of the animal. When it is cold, season it very highly with black pepper, cayenne, salt, a very little all-spice, minced onion, and thyme ; let it lie a night in this seasoning ; the following day make a savoury force-meat of pounded veal, ham, beef suet, minced parsley, thyme, and an onion, a little lemon-peel, salt, nutmeg, pepper, and cayenne ; bind it with an egg, beaten, and stuff where the bone has been taken out ; put it into a deep pan, with the brown side downwards, and lay underneath some twigs or sticks to keep it from sticking to the bottom. Pour in a bottle of beer, and put it into the oven ; when nearly done, take it out and clear off all the fat ; add a bottle of Madeira or other white wine, and two table-spoonsful of lemon-juice ; return it to the oven, and bake it until it becomes as tender as a jelly.

*Obs.*—If the boar is an old one, it will require to be baked six or seven hours. This is eaten hot.

#### BRAUN OF CALF'S HEAD.

Take the bones out of the head that has been half-cooked in a braisc of half vinegar and half water, with a sufficient quantity of spices, sweet herbs, and two cloves of garlic ; let it cool ; put in two calf's and one cow's heel that have been boiled until the bones can be easily removed ; dredge all equally over with fine salt ; roll hard and bind it

well with a cloth or roller tied round with tape, and simmer it very slowly from three to four hours ; it must not boil. Keep it in souse made of the liquor, vinegar, lime or lemon juice, some chillies or cayenne, with black pepper whole, and a sufficiency of salt ; give this a boil-up, and pour over it.

#### HAM.

##### TO BOIL.

A ham requires to be well soaked and very gently stewed ; if it is suffered to boil up, no simmering after will be able to recover it. It is best soaked in lukewarm water, and if very dry, should remain in it at least twelve hours ; when it is sufficiently soaked, trim it very clean ; put it into plenty of cold water, and remove the scum. A ham of a middling size, of about fifteen pounds, will take from four to five hours, and if to be eaten cold, will be all the better for a little longer boiling ; when done, remove the skin, and dust it well over with grated crust of bread, or glaze it ; some cooks stick cloves over it. The knuckle should be ornamented with a frill of white paper.

##### TO BAKE.

Put a quantity of suet into the pan in which the ham is baked, and cover the top with a coarse paste ; the gravy in the dish, when the ham is properly baked, will be a thick jelly, and serve to flavour stock or soups, or may be converted into essence of ham.

##### TO BROIL.

Ham may be broiled on a gridiron over a clear fire, or toasted with a fork, taking care to slice it the same thickness in every part.

#### HAM PASTY, MEAT OR FISH.

Make a good rich stock, season it well with mace, salt, pepper, and sugar, thicken it with animal jelly, isinglass, or

arrowroot ; border your dish with paste, dip sippets nicely prepared into well-seasoned gravy or cream, according to whether you use meat or fish ; if made of game, dip them into a gravy with wine, lime-juice, and sugar ; lay the bottom over with slices of ham and veal or fowl, game or venison, or fish, with any force-meat balls to correspond ; put in slices of marrow dipped in yolks of eggs well seasoned ; sprinkle in a little lemon or citron peel with sugar, and pour in some of the prepared stock, and the remainder over the whole ; bake, and eat it cold.

#### POTTED HAM OR TONGUE.

Cut a pound of the lean of cold boiled ham or tongue, and pound it in a mortar with a quarter of a pound of fat or with fresh butter (in the proportion of about two ounces to a pound), till it is a fine paste (season it by degrees with a little pounded mace or all-spice) ; press it close down in pots, and cover it with clarified beef suet, a quarter of an inch thick ; let it stand in a cool place ; send it up in the pot, or cut out in thin slices. It is excellent for sandwiches.

#### BACON.

##### TO CURE DRY.

Dry your meat thoroughly ; rub it well with equal parts of salt and saltpetre finely pounded, and cover with a board and heavy weights, in a cool place ; in twelve hours remove the weights, and rub each picce separately and thoroughly with dry salt, repeating the same daily ; sugar and limes may be added, the proportion of sugar being about two ounces to a pound of salt, with four limes. If the weather is cool, the meat should be turned and rubbed for ten or twelve days longer ; when sufficiently salted, dry it well, and hang it up to smoke for ten days more.

*Obs.*—The best method of smoking meat in India is with green mango wood.

## TO BOIL.

Cover the quantity of bacon you please to dress with cold water ; let it boil gently three quarters of an hour, if for one pound, and allow a quarter or more for every other. Take it up ; scrape the underside well, and cut or peel off the rind ; grate a crust of bread over the top, as directed for ham, and put it before the fire for a few minutes. It must not be kept there too long, or it will spoil.

*Obs.*—Bacon is sometimes so salt as to require soaking for a couple of hours before being dressed ; all the rusty and smoked parts should be then cleaned off, and the underside scraped as clean as possible. A couple of pounds is sufficient to serve up for ten or twelve persons.

## TO PRESERVE FROM RUSTING.

Wrap the bacon round with new hay bands, and hang in a safe place from vermin.

## SLICES FRIED.

Bacon may be fried or broiled on a gridiron over a clear fire, or toasted with a fork, cutting it into slices (after it has been dressed) about a fourth of an inch thick ; grate some crumbs of bread over it on both sides, and grill or toast the same. They are an agreeable accompaniment to poached or fried eggs.

## BEANS AND BACON.

Windsor beans should be served young and fresh-gathered ; boil them in salt and water ; when done, drain them, and lay the bacon over the beans without any sauce : the bacon should be nicely boiled. Send up separately in a sauce-boat chopped parsley in melted butter.

*Obs.*—Beans are likewise an excellent garnish to a ham ; serve them plain round it. Duffin beans are a very good substitute for Windsor, only they require the skins to be taken off before boiling.



## BACON AND PEAS.

After having nicely stewed the peas, cut the bacon into pieces an inch square, or any other fanciful shape ; lay them in water for half an hour to take off the briny taste ; then fry them of a fine colour, and drain all the grease ; then stew the bacon with the peas for a few seconds.

## BACON AND EGGS.

Cut the bacon very nicely, and fry it of a light brown colour ; dish it on a hot plate ; wipe the frying-pan very clean, and let it be hot enough not to allow the eggs to spread ; lay them in gently ; lift the pan, as the least burning gives them an unpleasant taste ; dish the eggs over the bacon, and garnish with crisped parsley.

## PETIT TOES.

Put a thin slice of bacon at the bottom of a stewpan, with some broth, a blade of mace, a few peppercorns, and a bit of thyme ; boil the feet till they are quite tender. This will take full twenty minutes ; the heart, liver, and lights will be done in half the time, when they are to be taken out and minced fine. Put them all together into a stewpan with some gravy ; thicken it with some butter rolled in flour ; season it with a little pepper and salt, and set it over a gentle fire to simmer for five minutes, frequently shaking them about. Have ready a thin slice of bread toasted very lightly, divide it into sippets, and lay them round the dish ; pour the mince and sauce into the middle of it, split the feet, and lay them round it.

*Obs.*—Petit toes are sometimes broiled dipped in batter, and fried a light brown.

## BOLOGNA SAUSAGES.

Take a pound of beef suet, a pound of pork, a pound of bacon, fat and lean, and a pound of beef and veal, cut very small ; take a handful of sage-leaves chopped very fine with



other sweet herbs, season pretty high with pepper and salt ; take a large well-cleaned gut and fill it ; set on a saucepan of water, and when it boils put it in, first pricking it to prevent its bursting. Boil it an hour.

ANOTHER WAY.

Mince six pounds of rump of beef very fine, and two of bacon ; pound them ; mix with it six or eight cloves of garlic, and season high with spice, black pepper, and salt ; fill into large well-cleaned skins ; tie them in nine-inch lengths ; hang them in the smoke. They should be boiled and eaten cold.

ANOTHER WAY.

Mince bacon, veal, pork and suet, of each one pound, two ounces of sage, and one of basil ; season with three cloves of garlic to each pound ; add herbs, such as thyme and parsley, all-spice, nutmeg, and salt ; pound them very fine and fill into large skins nine inches long. The meat may be prepared a day or two before, with a little saltpetre, salt, and brown sugar ; boil, and hang them in smoke, and eat them cold.

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## CHAPTER VIII.

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### GENERAL DIRECTIONS FOR POULTRY AND GAME.

IT is the common practice with cooks in this country, when preparing poultry for the table, to partially cut the throat of the bird, throwing it on the ground to flutter and die. This renders it tough. When fowls cannot be kept a sufficient time, and are required for immediate use, cutting off the head at one stroke and causing sudden death will, if the bird is not an old one, render it as tender as if kept for several days. The next process is the cleaning ; and as the feathers are seldom plucked off, being of no value, and time generally the principal object, the bird is dipped in scalding water, and the feathers at once stripped off ; after which it must be dried and drawn, the inside removed at the vent, taking care not to injure the gall bladder, as it taints every part it touches, and which no washing will remove.

Guinea-fowls, as well as other poultry which require to be sent to table with their heads turned under the wing, must have them sewn on again, if killed as above recommended. Ducks and pigeons may be dressed as soon as killed ; the latter require their crops to be very carefully washed and cleaned.

A quick and clear fire is necessary for roasting poultry ; wild-fowl should be nicely browned, but not overdone, otherwise the flavour will be destroyed. They, as well as tame poultry, require to be continually basted, and sent to table properly frothed.

## GUINEA-FOWLS

Are larded and stuffed as poultry, and roasted in the same manner, only they require less doing ; the head must be turned under the wing like a pheasant. When boiled, they are dressed as fowls.

## TO BONE A FOWL OR TURKEY WITHOUT OPENING IT.

After the fowl has been drawn and singed, wipe it inside and out with a clean cloth, but do not wash it ; take off the head ; cut through the skin all round the first joints of the legs, and pull them from the fowl to draw out the large tendons. Raise the flesh first from the lower part of the backbone, and a little also from the end of the breast-bone, if necessary ; work the knife gradually to the socket of the thigh with the point ; detach the joint from it ; take the end of the bone firmly into the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully, and when the skin is loosened from it in every part, cut round the next bone, keeping the edge of the knife close to it until the whole of the leg is done. Remove the bones of the other leg in the same manner ; then detach the flesh from the back and breast-bone, sufficiently to enable you to reach the upper joints of the wings—proceed with these as with the legs, but be especially careful not to pierce the skin of the second joint ; it is usual to leave the pinions unboned, in order to give more easily its natural form to the fowl when it is dressed. The merry-thought and neck bones may now easily be cut away, the back and side bone taken out without being divided, and the breast-bone separated carefully from the flesh (which, as the work progresses, must be turned back from the bones upon the fowl until it is completely inside out). After the one remaining bone is removed, draw the wings and legs back to their proper form, and turn the fowl the right side outwards.

A turkey is boned exactly in the same manner, but as it requires a very large proportion of force-meat to fill it entirely, the legs and wings are sometimes drawn into the body to diminish the expense of this. If very securely trussed and sewn, the bird may be either boiled or stewed in rich gravy, as well as roasted, after being boned and forced.

#### TO BONE FOWLS FOR FRICASSEES, CURRIES, AND PIES.

First carve them entirely into joints, then remove the bones, beginning with the legs and wings at the head of the largest bone ; hold this with the fingers, and work the knife as directed in the receipt above. The remainder of the bird is too easily done to require any instructions.

#### TO BONE A LEG OF MUTTON AND FORCE.

Turn the underside of the mutton upwards, and with a sharp knife cut through the middle of the skin from the knuckle to the first joint, and rise it from the flesh on the side along which the bone runs until the knife is just above it ; then cut through the flesh down to the bone ; work the knife round it in every part till you reach the socket ; next remove the flat bone from the large end of the joint, and pass the knife freely round the remaining one, as it is not needful to take it out ; clear off the meat when you again reach the middle joint ; loosen the skin round it with great care, and the two bones can then be drawn out without being divided. This being done, fill the cavities with the force-meat, adding to it a somewhat high seasoning of eschalot, garlic, and onion ; or cut out with the bone nearly a pound of the inside of the mutton ; chop it fine with six ounces of delicate striped bacon, and mix with it, thoroughly, three quarters of an ounce of parsley and half as much thyme and winter savory, all minced extremely small, a half spoonful of pepper (or a third as much of cayenne), the same of mace, salt, and nutmeg, and either the grated rind of a small lemon or four eschalots finely shred. When the lower part

of the leg is filled, sew the skin neatly together where it has been cut open, and tie the knuckle round tightly, to prevent the escape of the gravy. Replace the flat bone at the large end, and with a long needle and twine draw the edges of the meat together over it. If it can be done conveniently, it is better to roast the mutton thus prepared in a cradle spit, or upon a hanging or bottle-jack with the knuckle downwards. Place it at first far from the fire, and keep it constantly basted; it will require nearly or quite three hours' roasting. Remove the twine before it is served, and send it very hot to table with some rich lemon gravy.

#### TO BONE A SHOULDER OF VEAL, MUTTON, OR LAMB.

Spread a clean cloth upon a table or dresser, and lay the joint flat upon it with the skin downwards; with a sharp knife cut off the flesh from the inner side nearly down to the blade-bone, of which detach the edges first; then work the knife under it, keeping it always close to the bone, and using all possible precaution not to pierce the outer skin. When it is in every part separated from the flesh, loosen it from the socket with the point of the knife, and remove it; or, without dividing the two bones, cut round the joint until it is freed entirely from the meat, and proceed to detach the second bone; that of the knuckle is frequently left in, but for some dishes it is necessary to take it out; in doing this, be careful not to tear the skin. A most excellent grill may be made by leaving sufficient meat for it upon the bones of a shoulder mutton, when they are removed from the joint; it will be found very superior to the broiled blade-bone of a roast shoulder, which is so much esteemed by many people.

#### TO BONE A HARE.

“To remove the back bone, clear from it first the flesh in the inside; lay this back to the right and left from the centre of the bone to the tips; then work the knife on the



upper side quite to the spine, and when the whole is detached, except the skin which adheres to this, separate the bone at the first joint from the neck-bone or ribs (we know not how more correctly to describe it), and pass the knife with caution under the skin down the middle of the back. The directions for boning the thighs of a fowl will answer equally for a hare, and we therefore refer the reader to them."

#### LARDING.

To acquire this art, it is necessary that the beginner should first see the process performed, after which practice alone will lead to success. The instruments necessary are pins of various sizes made for the purpose; one end like large tweezers holds the substance to be introduced, the other is sharp for puncturing the fowl or meat. However, if the person is unacquainted with the art, it is better left undone; for unless the meat be nicely and equally covered, its appearance is totally spoilt and unfit for the table. Ham, bacon, oysters, anchovies, truffles, morels, mushrooms, parsley, lemon-peel, almonds, nuts, &c., are all used. Bacon for this purpose should be cured without saltpetre, otherwise it turns veal or poultry red. The firmest is the most proper for larding.

#### ALDERMAN IN CHAINS

Is either a roast or boiled turkey with the accompaniment of sausages around the dish, and which may be made of pork, ham, or beef, and oysters.

#### TURKEY.

##### BOILED, WITH CELERY SAUCE.

Take a hen or fine young cock; clean and truss it nicely; wrap it up in layers of bacon in a cloth; then boil it in plain water with a little salt, butter, and lemon-juice; drain it and cover it over with celery or oyster sauce. A small



her-bird boils better than the larger sort, and may be stuffed in a variety of ways with herbs, like veal stuffing, sausage-meat, or bacon, and serve with white sauce or the above.

BOILED BY STEAM.

Fill the body of the turkey with oysters, and let it boil by steam without any water; when sufficiently done take it up; strain the gravy that will be found in the pan, and which, when cold, will be a fine jelly; thicken it with a little flour; add the liquors of the oysters intended for sauce, also stewed, and warm the oysters up in it.

ROASTED TURKEY—OR KAWAB PAROO.

A roast turkey may be stuffed in various ways, a veal stuffing being the most common. When you first put a turkey down to roast, dredge it with flour; then put about an ounce of butter into a basting ladle, and as it melts, baste the bird therewith; keep it at a distance from the fire for the first half-hour that it may warm gradually; then put it nearer, and when it is plumped up, and the steam draws in towards the fire, it is nearly done; then dredge it lightly with flour and put a bit of butter into your basting ladle, and as it melts baste the turkey with it; this will raise a finer froth than can be produced by using the fat out of the pan. A very large turkey will require about three hours to roast thoroughly; a middling-sized one, of eight or ten pounds (which is far nicer eating than the very large one), about two hours; a small one may be done in an hour and a half. Turkey poultts should be trussed with their legs twisted under like a duck, and the head under the wing like a pheasant.

ROAST FOWL—OR KAWAB MOORGKE.

Clean the fowl nicely; mix a little butter with lime-juice, pepper, and salt, and put it into the inside; cut off

or turn up the rump; fix it to the spit by skewers, and cover with paper; when nearly done, unpaper, froth, and give it a nice brown. Fowls may be stuffed with a farce and larded, or the bodies filled with a ragout of mushrooms or oysters, served with bread, egg, or any other sauce; a large fowl will take from a half to three quarters of an hour roasting.

*Obs.*—A turkey or large fowl may be boned and stuffed with a farce of sausage-meat, but so prepared, takes a much longer time roasting, and must at first be placed at a distance from the fire.

#### FOWL, TO BOIL.

Fowls, when to be boiled, should be soaked an hour or two in milk and water; then truss and flour them well; tie them in a cloth; put them in cold water, and let them simmer gently, removing all the scum that rises; keep the saucepan closed, and boil from twenty to twenty-five minutes. They may be served with sauce of oysters, shell-fish, mushrooms, liver, egg, parsley, celery, and any other vegetable. A spiced rice-pudding may be put in the inside, but the vent and neck must be well secured previous to being boiled.

#### FOWL OR TURKEY PULLED.

Skin a cold chicken, fowl, or turkey; take off the fillets from the breasts and put them into a stewpan with the rest of the white meat and wings, side bones, and merry-thought; add a pint of broth, a large blade of mace pounded, a shallot minced fine, the juice of half a lemon, and a roll of the peel, some salt, and a few grains of cayenne; thicken it with flour and butter, and let it simmer for two or three minutes till the meat is warm. In the meantime score the legs and rump, powder them with pepper and salt, broil them nicely brown, and lay them on or round your pulled chicken.

*Obs.*—Three table-spoonsful of good cream, or the beaten yolks of a couple of eggs, will be a great improvement to it.

## BRAISED ROAST TURKEY, CAPON, OR FOWL.

Cut into slices a couple of onions, a head of celery, one carrot, and a turnip, with some parsley and three or four peach-leaves; lay three sheets of paper on the table, spread the vegetables over, and moisten them with sweet oil. Have the bird trussed as for boiling, cover the breast with thin slices of bacon, lay the back of the bird on the vegetables, slice some limes, with which cover the breast to preserve its colour, tie the paper round with string, spit it carefully, and roast before a clear fire. Before so doing, moisten the paper well with fine ghee to prevent its burning, and set the bird a moderate distance from the fire. It will take three hours to roast.

## TURKISH FOWL.

Empty and clean a fine fowl, and be particular in washing the inside of it with very hot water; if you leave any blood in it the rice will be full of scum. Your rice having boiled a sufficient time in rich consommé (stock broth), season it with salt, and introduce some into the body of the fowl, which you next roast, well wrapped up in layers of bacon and in paper: it requires an hour to have it sufficiently done. Send it up with rice round the fowl, the same as you have used to put inside, only add to it two spoonsful of very good bechamel, well seasoned; do not let it be too thin, and pour a little veloute over the fowl. Take particular care to keep the fowl white.

## FRICASSEE OF FOWLS.

Prepare and truss the fowls; let them boil; skim and simmer in a vegetable braise seasoned with mace, lemon, zest, white pepper, salt, onion, and carrot: if it is a small chicken, twelve or fifteen minutes will do it, as it should

rather be tender than overdone. Take it up and strain the stock; add a piece of butter rolled in rice or fine wheat flour; cook and work it till quite smooth; when properly cooked, cut up and put in the chicken and let it warm with a cupful of rich cream, but do not let it boil; when ready to dish, put in a sufficient quantity of yolks of eggs; to finish the thickening, cooked mushrooms, oysters, or any nice vegetable may be added, and a little lemon-juice. If it requires more richness, put in a small bit of butter; garnish with slices of lemon.

## ANOTHER WAY.

Cut up the fowl into eight or nine pieces; put them into a stewpan and cover with water; add seasoning of salt, pepper, parsley, and a blade of mace; boil for twenty minutes, then remove the fowl, strain the gravy through a napkin into a basin, dress the slices of fowl, put them into a stewpan with two spoonsful of butter rolled in flour, add the stock and keep stirring it till it boils, skim it well, then add a few button onions or a handful of mushrooms; let it simmer till the onions are tender, then add the yolks of two eggs, beat up in four table-spoonsful of cream or milk, shake it well over the fire, but do not let it boil; dress the slices on your dish and pour the sauce over them.

## RISSOLES OF FOWL.

Mince finely the white meat of a fowl, and some veloute reduced or bechamel; season it highly, and add, if you please, a little curry powder; then let it cool; when cold, divide into small balls and wrap them up in paste; fry and serve with fried parsley, or bake them in a quick oven.

## CROQUETTES OF FOWL.—OR MOORGE KA CROQUETTE.

Cut the meat of a fowl or chicken into small pieces, and season it well; put them into some bechamel, and let them cool; then form into oblong balls, and dip them into a

beaten egg or very light batter, and then into crumbs of bread; fry them of a light brown, and serve with crisp parsley.

*Obs.*—They may be made with any white meat, rabbits, poultry, sweetbread, or game.

#### MINCE FOWL.

Mince some mushrooms; cook them in butter, sweet-herbs, mace, white pepper, lemon, zest, salt, and a little cream; when all is well cooked, take out the sweetherbs and put in the mince just to warm with a little lemon-juice; garnish with slices of lemon, or dish in a vol-au-vent, croustade, rice border, or mashed potatoes.

#### KHUBAB LIVER WITH OYSTERS OR CRAY-FISH.

Cut the livers all of one size—the lobes of calves' or lambs' livers answer very well; allow three oysters for every liver; season them well in sweetherbs, spices, and salt; dip them in yolks of eggs, and roll them in crumbs with the other ingredients; thread them upon silver skewers, and broil them in a buttered paper or in a case; serve them with buttered gravy and lemon-juice; garnish with slices of lemon.

If cray-fish are used, put a little bit of anchovy in the claws of each, and thread them at a proper distance with the other meat, as livers take very little cooking. They are equally well done roasted on a bird-jack well basted; the cray-fish are the better for being crisped in the oven and well basted before they are put on the skewers. The large claws and noses must be pared, and the tail shell may be taken off.

#### FOWLS WITH OYSTERS.

Prepare them as for boiling; lard or not; mix nearly half a pound of butter with mace, lemon, zest, and salt, and put it into the fowls; tie them close that the butter may



not escape; cover a pan with bacon and braising ingredients; put in the fowl; prepare in the meantime five or six dozens of oysters in a nice sauce, and dish them over it, garnished with sliced onions and oysters fried in butter.

*Obs.*—Poultry may always be larded excepting for boiling; if braised, the braise ought never to touch the lard, as it will make it fall.

#### HASHED GAME OR RABBIT.

Cut them into joints; put the trimmings into a stewpan, with a quart of the broth they were boiled in, and a large onion cut in four; let it boil half an hour; strain it through a sieve; then put two table-spoonsful of flour in a basin, and mix it well by degrees with the hot broth; set it on the fire to boil up; then strain it through a fine sieve; wash out the stewpan; lay the fowl in it, and pour the gravy on it (through a sieve); set it by the side of the fire to simmer very gently (it must not boil) for fifteen minutes; five minutes before you serve it up, cut the stuffing in slices and put it in to warm; then take it out and lay it round the edge of the dish and put the fowl in the middle; carefully skim the fat off the gravy; then shake it round well in the stewpan, and pour it on the hash.

*Obs.*—You may garnish the dish with bread sippets lightly toasted.

#### FOWL OR CHICKEN SALAD—OR MOORGEER KA SALAD.

Take a large fowl or a couple of fine chickens, boiled or roasted; cut the meat off from the bones in small slices; have two or three sticks of white celery and cut them into slices an inch long; mix both together; cover it over and set it on one side whilst you prepare the sauce. Break down the yolks of five hard-boiled eggs with the back of a spoon into a smooth paste; add a large spoonful of made mustard with some salt; mix this together with



four or five spoonsful of vinegar, and lastly by degrees two table-spoonsful of sweet oil or cream; stir the whole for some time until the dressing is thoroughly mixed and smooth; then pour it over the meat and eelery just before serving.

*Obs.*—If cream is used and the sauce is too thick, add a spoonful or two of water.

#### TO DRESS COLD.

Cut them in quarters; beat up an egg or two (according to the quantity you dress) with a little grated nutmeg and pepper and salt, some parsley minced fine, and a few crumbs of bread; mix these well together, and cover the fowl, &c., with this batter; boil them or put them in a Dutch oven, or have ready some dripping hot in a pan, in which fry them of a light brown colour; thicken a little gravy with some flour, put a large spoonful of catsup to it, lay the fry in a dish and pour the sauce round it. You may garnish with slices of lemon and toasted bread.

#### EGGS—OR UNDAH.

##### REMARKS.

To judge if an egg is fresh, put it into a large basin of water; if it sink immediately, you may be sure it is good. Remember that all eggs are not of the same size, and in using any quantity for cakes a little judgment is necessary. To preserve them for any time, lay them in lime and water, the consisteney of thick cream. Hard-boiled eggs will keep well for a journey; only remember, while boiling, when first put into the water to move them about, so that the yolk may not fall on the side, but be as near the middle as possible in the white. Eggs will also keep if rubbed over with wax so as to close up the pores in the shell.

Whenever eggs are required for puddings, cakes, jellies, &c., open each separately over another basin or dish before

adding to the rest, as one bad egg carelessly thrown amongst the others will spoil the whole; and always strain them after being beaten up.

## TO PRESERVE.

Pour a gallon of water over a pound of unslaked lime; stir it well; the following day pour off the clear water into a jar, and put in the eggs as they are laid. In this manner they will continue good for six months or more.

## BROUILLES.

Beat up the yolks and whites of eight eggs with a little salt and pepper, until well mixed; then put them into a stewpan over a slow fire, and keep constantly stirring with a wooden spoon, that the brouillés may be quite smooth; add a spoonful of consommé, or white broth, with whatever articles you intend putting into it, as truffles, mushrooms, artichokes, asparagus-heads, broth, &c.

## EN SURPRISE.

Boil hard one dozen of eggs; cut them in halves and remove the yolks, which put into a mortar with three table-spoonsful of butter, and pound well together, mixing a little cream, grated nutmeg, pepper, and salt, adding two raw eggs to make it bind; then pare out the inside of the whites as thin as possible, and fill one-half with the pounded egg; then mix some chopped parsley with a part only of the egg, sufficient to fill the remaining whites; make a dome in a dish of the remainder of the pounded ingredients, and trim it all round with the stuffed eggs; then put into an oven for ten minutes, and serve quite hot.

## TO BOIL.

Put in cold water, and when it comes slowly to a boil they will be done enough, or put them in boiling water and simmer slowly for two minutes; take them from

the fire, and put them into a napkin several times folded for two or three minutes, less or more. Boiling quick hardens the white and cracks the shell; if an egg is only half covered with water and boiled quick, the yolk is too much done on one side and too little on the other, and gives it an addled appearance; or if the egg is covered with water and boiled too quick, the white is quickly hardened while the yolk is nearly raw.

#### TO FRY.

Be sure the frying-pan is quite clean (and remember that clear dripping or lard is better than butter or ghee to fry eggs in); when the fat is hot break two or three eggs into it; do not turn them, but while they are frying keep pouring some of the fat over them in a spoon; they will be done enough in two or three minutes; if they are done nicely, they will look as white and delicate as if they had been poached; take them up with a tin slice; drain the fat from them neatly, and send them up with bacon round them.

#### TO POACH.

The beauty of a poached egg is for the yolk to be seen through the white, which should be only sufficiently hardened to form a transparent veil for the egg. Half fill your stewpan with clear boiling water from the tea-kettle and strain it; break the egg into a cup, and when the water boils remove the stewpan from the fire or stove and gently slip the egg into it. Let it stand till the white is set, then put it over a moderate fire, and as soon as the water boils the egg is ready; take it up with a slice, and neatly round off the rugged edges; send it up on a toast with or without butter. The toast should be a little larger than the egg.

#### EGG SALAD.

Boil six cloves of garlic five minutes, and pound them with a few capers and two anchovies; mix them very well

with oil, salt, pepper, and vinegar, and dish it under hard-boiled eggs, whole or cut in two.

#### EGG MINCE.

Choose some very fine bacon streaked with lean ; cut it into very thin slices, and afterwards in small square pieces, throw them into a stewpan and set it over a gentle fire that it may draw out some of the fat ; when as much as will freely come, lay them on a warm dish ; put into a stewpan a ladleful of ghee or lard ; set it on a stove, put in about a dozen small pieces of the bacon, then stoop the stewpan and break in an egg ; manage this carefully, and the egg will presently be done ; it will be very round, and the little dice of bacon will stick to it all over, so that it will make a pretty appearance. Take care the yolks do not harden. When the egg is thus done, lay it on a hot plate and do the others.

#### BUTTERED EGGS.

Beat and strain ten or twelve eggs ; put a piece of butter into a saucepan and keep turning it one way till melted ; put in the beaten eggs and stir them round with a silver spoon until they become quite thick ; serve them on a dish with buttered toast. They may be eaten with fish, fowl, or sausages.

#### CHICKENS

##### TO ROAST

Must be done as a capon, and served with egg or bread sauce.

##### TO BROIL OR GRILL.

Pick, wash them clean, and dry them in a cloth ; cut them down the back ; truss the legs and wings as for boiling ; flatten them and put upon a cold gridiron ; when they become a little dry, put them in a plate and baste with a little butter ; strew a little salt and pepper over the inside, which

part should be laid first on the gridiron ; baste them and let them broil slowly. The livers and gizzards should be fastened under the wings. Serve with catsup or stewed mushrooms.

#### FRICASSEE.

Put into a stewpan half a pint of water, two table-spoonsful of butter, a table-spoonful of flour, some salt, and white pepper ; stir all together until it is hot, and add a chicken cut into joints and skinned, with a couple of onions minced and a blade of mace ; stew it for an hour, and a little before serving add the yolks of two eggs well beaten, with two table-spoonsful of cream ; stir it in gradually, taking care it does not boil.

*Obs.*—Whenever egg and cream is added and used for a thickening, never let it boil, or else it curdles.

#### RISSOLES DE VOLAILLE.

Cut a roast fowl into small squares, fry a tea-spoonful of chopped onions in half an ounce of butter, but do not let them brown ; add half a pint of white sauce and reduce it to a proper thickness, put the fowl into the sauce, season with a little salt, white pepper, sugar, chopped parsley, and mushrooms ; let it boil, then add the yolks of two eggs, and stir it well ; when the eggs have set, pour it on a dish to cool.

*Obs.*—Add, if you like, a little ham or tongue, and use this as for other rissoles, which may also be made with veal, sweetbreads, or game.

#### TO PULL A CHICKEN.

Half roast a chicken or fowl ; skin and peel off all the white meat in flakes as well as the legs ; break the bones, and boil them in a little water till the strength be drawn out ; strain it, and when it becomes cold, skim and put it into a saucepan with a little mace, white pepper, and salt ; add a bit of butter mixed with flour, and a quarter of a



pint of cream or rich milk ; then put in the meat with a little mushroom powder or catsup. Before serving, add the squeeze of a lime.

#### CHICKEN IN PEAS.

Cut the chicken into joints ; put them into a saucepan with nearly a quart of young peas, a bit of butter, a small onion, and a sprig of parsley ; moisten them with gravy, and put on the fire ; dust them with a little flour, and boil them till the sauce is thick ; add a little salt just before serving, with a little sugar.

#### CHICKEN PIE—OR CHOTA MOORGE KA PIE.

Parboil, skin, and then cut up neatly two or three young chickens ; season them with salt, pepper, grated nutmeg, and mace mixed ; put with them a little butter rolled in flour ; lay them in a dish, with the livers and gizzards well seasoned, some force-meat balls, and a few thin slices of ham and half a pint of gravy, a glass of wine, and a table-spoonful of lemon pickle or mushrooms, and the yolks of five hard-boiled eggs, divided in halves ; cover with a puff paste and bake.

*Obs.*—The chicken may be put in whole or in halves, and the seasoning put inside with the butter.

#### FRIAR'S CHICKEN.

Quarter two or three chickens, and simmer them gently in three half-pints of water ; add a sprig or two of parsley, mace, pepper, and salt ; beat an egg for every chicken or more, and stir them into the boiling broth ; it must separate into flakes ; serve in a deep dish.

This dish may be made of veal, rabbit, eels or other fish ; if for an invalid, only put in the yolks of the eggs.

#### COLD CHICKEN FRIED.

Cut the chicken in quarters ; take off the skin ; rub with an egg beaten up, and cover it with grated bread seasoned



with pepper, salt, grated lemon-peel, and chopped parsley ; fry it in butter, thicken a little brown gravy with flour and butter ; add a little cayenne and mushroom catsup.

#### CAPON.

Put in plenty of force-meat or stuffing, so as to plump out the fowl ; when the bird is properly stuffed and trussed, score the gizzard, dip it into melted butter ; let it drain, and season it with red pepper and salt ; put it under one wing, and the liver nicely washed under the other ; cover it with buttered paper, and roast it a delicate brown.

#### CHICKEN PATTIES WITH HAM.

Take about six ounces or more of the white meat and three of ham ; chop very small ; put it into a stewpan with an ounce of butter rolled in flour, two table-spoonsful of cream and the same quantity of white stock, a little nutmeg, some cayenne pepper and salt, and the juice of half a lime ; stir it over the fire some time, taking care it does not burn : it is then ready to be put in the patty paste.

#### BURDWAN STEW.

Take a roasted or boiled fowl ; cut it into pieces, and put them into a silver stewpan ; put in two ladlesful of soup, with two dozen anchovies, a glass of white wine, some melted butter, some boiled or roasted onions, pickled oysters, and cayenne pepper ; stir and let it warm through, and add a little lemon-juice.

When this is prepared on purpose, the fowl or chicken is only half roasted or boiled ; if boiled, the water or broth is used to make it instead of the soup. Fish may be used, and essence of anchovy instead of the fish.

#### HOW TO MAKE COLCANNON.

Mix a scr of potatoes, a little spinach or greens, and a few onions, with pepper, salt, and a chittack of butter ; bake

it until it is nice and crisp at the top, the vegetables and onions having been all boiled before mixing.

#### COUNTRY CAPTAIN.

Cut a fowl in pieces; shred an onion small and fry it brown in butter; sprinkle the fowl with fine salt and curry powder, and fry it brown; then put it into a stewpan with a pint of soup; stew it slowly down to a half, and serve it with rice.

#### CAPILOTADE.

Cut up two cold chickens as for salmi; then pour over them brown sauce, in which let them simmer a little, very gently; thicken with flour and butter, add lemon-juice, then have ready sippets of bread fried in butter; set these round the dish, put within them the limbs of the chicken, and over the latter pour the sauce.

#### BREAD-CRUMBS FRIED.

Put into a frying-pan a little clear ghee, throw in two or three spoonfuls of grated bread, and keep stirring them constantly till of a fine yellow brown, and drain before the fire.

#### SIPPETS.

Cut a slice of bread a quarter of an inch thick, divide with a sharp knife into pieces two inches square; shape them into triangles or crosses; put some ghee, butter, or very clean fat into a frying-pan; when it is hot put in the sippets and fry them a delicate light brown, take them up and drain them well, turning occasionally until thoroughly crisp before the fire.

*Obs.*—If these are not delicately clean and dry, they are uneatable; they are always a pretty garnish, and an improvement to most made dishes. When variety is desired, fry some of a pale colour and others of a darker brown.

## GOOSE—OR RAJ-HAUS.

## TO ROAST.

When a goose is well picked, singed, and cleaned, make the stuffing with about two ounces of onion and half as much green sage ; chop them very fine, adding four ounces (about a large breakfast cupful) of stale bread-crumbs, and a very little pepper and salt (to this may be added half the liver, parboiling it first), the yolk of an egg or two, and incorporating the whole well together ; stuff the goose, do not quite fill it, but leave a little room for the stuffing to swell ; spit it, tie it on the spit at both ends to prevent it swinging round, and to keep the stuffing from coming out. From an hour and a half to two hours will roast a fine full-grown goose. Send up gravy and apple sauce with it.

*Obs.*—For another stuffing, see Ducks, page 170.

## BOILED, WITH ONION SAUCE.

When your goose is cleaned as for roasting, rub it over with two or three handfuls of salt, and let it remain for twelve or fourteen hours ; then boil it as you would a fowl, and serve it with onion sauce.

## MOCK GOOSE.

Cut out the fillet or the side of a sirloin of beef, let it be done with a sharp knife that it may not be ragged ; steep it in port wine and vinegar, cut it open and stuff it with sage and onion basted with goose fat, and serve with onion, gooseberry, or apple sauce. Let the fire be brisk by which it is roasted.

## RELISH FOR GOOSE OR PORK.

Take two ounces of leaves of green sage, an ounce of fresh lemon-peel pared thin, same of salt, minced shallot, and half a drachm of cayenne pepper, ditto of citric acid ; steep it for a fortnight in a pint of claret, shake it up well every

day ; let it stand a day to settle, and decant the clear liquor, bottle it and cork it close. A table-spoonful or more in a quarter pint of gravy or melted butter.

#### YORKSHIRE GOOSE PIE.

Take the bones out of two geese and two fowls ; boil a tongue, and cut the whole into slices the size of your finger, with two pounds of fat bacon ; lay the slices of goose flat, and season with a spoonful of chopped onion, marjoram, thyme, mushrooms, and parsley ; lay the slices of tongue with the fat bacon on these ; season with salt, pepper, allspice, and mace ; then lay the fowl fillets on top of all ; roll up in the shape of a goose, and tie it tight round with tape. Force-meat may be placed in the cavities, if it is required to be very piquant ; blanch, put it in a basin with the bones of the goose and two quarts of strong gravy, and boil it ; have ready a raised pie-crust on a dish sufficiently large to hold it, and put in the goose when cold with the gravy it was boiled in, which will be a fine jelly ; removing the fat from the surface, and laying it aside, put the clearest of the jelly over the top of the pie.

#### GIBLET PIE.

Clean well and half stew two or three sets of goose giblets ; cut the leg in two, the wing and neck into three, and the gizzard into four pieces ; preserve the liquor, and set the giblets by till cold, otherwise the heat of the giblets will spoil the paste you cover the pie with ; then season the whole with salt and black pepper, and put them into a deep dish ; cover it with paste ; rub it over with yolk of egg ; ornament and bake it an hour and a half in a moderate oven.

In the meantime take the liquor the giblets were stewed in, skim it free from fat ; put it over a fire in a clean stewpan ; thicken it a little with flour and butter, or flour

and water ; season it with pepper and salt, and the juice of half a lemon ; add a few drops of browning ; strain it through a fine sieve ; and when you take the pie from the oven, pour some of the gravy into it through a funnel. You may lay in the bottom of the dish a moderately thick rump-steak ; or if you have any cold game or poultry, cut it in pieces and add it to the above.

#### DUCKS—OR HAUS—

And geese are generally dressed and stuffed with the same materials. With wild ducks no stuffing is used ; lemon-juice, butter, pepper, and salt, with a little port-wine, is their proper seasoning.

#### DUCKLINGS

Are dressed the same as geese with regard to stuffing, but generally served with green peas and orange or lemon sauce.

#### DUCKS, TO ROAST.

The pinions ought to be cut off close to the bodies ; the feet well blanched in hot water ; the nails cut and tucked over the back. Reserve the pinions, head, neck, liver, feet, and gizzards for soups or ragouts.

#### GRAVY AND STUFFING.

After having cleansed the giblets well, boil all, except the liver, in a pint of water for an hour, with a chopped onion, some salt and pepper ; strain and add a little browning, with a tea-spoonful of coratoh and mushroom catsup.

For the stuffing, mince the raw liver with two sage-leaves, a small onion, some pepper and salt, bit of butter, and grated bread-crumbs, or mash up some boiled potatoes, with a little cream or butter ; add pepper and salt with the yolk of an egg ; fill the duck with this previous to roasting : if you have a pair, one stuffed in this manner, and the other with onions and sage, enables those who dislike an onion to eat their duck without it.



## TO BOIL A DUCK.

Make a paste, allowing half a pound of butter to a pound of flour ; truss a duck as for boiling ; put into the inside a little pepper and salt, one or two sage-leaves, and a little onion finely minced ; enclose the duck in the paste, with a little jellied gravy ; boil it in a cloth, and serve it with brown gravy poured round it.

*Obs.*—The duck may be salted the night before boiling ; and when dressed, serve it with onion sauce. This is also an excellent way of dressing a goose.

## DUCKS (WILD)—OR JUNGLEE HAUS—

Are roasted the same way as tame, only without stuffing, and basted with butter and lemon or orange juice ; they do not require so long roasting as tame. Sauce may be made by cutting along the breast, adding butter, lime-juice, a glass of port-wine, and cayenne pepper.

*Obs.*—Some add made mustard, with mushroom catsup.

## DUCK SALMI.

Put a couple of ducks, either whole or cut into convenient pieces, into a saucepan, with a bottle and a half of claret, two ounces of butter, three tea-spoonsful of salt, three of brown pepper, a few spices, two leeks, six onions sliced, and a few sage or bay leaves. Place the saucepan over a clear fire ; let it simmer gently, occasionally stirring it that the whole may be well mixed. When done, thicken with a table-spoonful of flour or arrowroot, and serve.

## STEW.

Cut one or two ducks into quarters ; fry them a light brown in butter ; put them into a stewpan, with a pint of gravy, two glasses of port-wine, four whole onions, some black pepper, and salt, a bunch of parsley, two sage-leaves, and a sprig of sweet marjoram ; cover the pan closely, and



stew them till tender ; take out the herbs and onions ; skim it ; if the same be not sufficiently thick, mix with two table-spoonsful of it a little flour, and stir it into the same pan ; boil it up and garnish with the onions.

#### DRESSED DUCKS, HASHED.

Cut an onion or two in the shape of small dice ; put it into a stewpan with a little butter ; fry it, but do not let it get any colour ; put as much broth into the stewpan as will make sauce for the hash ; thicken it with a little flour ; cut up the duck ; put it into the sauce to warm, do not let it boil ; season with pepper, salt, and catsup.

*Obs.*—The legs of ducks or geese, broiled and laid upon apple or green papaw sauce, may be served for luncheon or supper.

#### GIBLET STEW.

Clean two sets of giblets ; put them into a saucepan, just cover them with cold water, and set them on the fire ; when they boil, take off the scum, and put in an onion, three cloves or two blades of mace, a few berries of black pepper, the same of all-spice, and half a tea-spoonful of salt ; cover the stewpan close, and let it simmer very gently till the giblets are quite tender ; this will take from one hour and a half to two and a half, according to the age of the giblets. The pinions will be done first, and must then be taken out and put in again to warm ; when the gizzards are done (watch them that they do not get too much done), take them out, and thicken the sauce with flour and butter ; let it boil half an hour, and reduce it just enough to eat with the giblets, then strain it through a tamis into a clean stewpan ; cut the giblets into pieces, put them into the sauce with the juice of half a lemon and a table-spoonful of mushroom catsup ; pour the whole into a soup dish with sippets of bread at the bottom.

## PIGEONS—OR COBOOTUR.

## TO ROAST.

The flavour of pigeons is always best preserved by roasting. Pigeons should be dressed while they are very fresh. Take off the heads and necks, and cut off the toes at the first joint; draw them carefully, and pour plenty of water through them; wipe them dry, and put into each bird a small bit of butter lightly sprinkled with cayenne, or stuff them with some green parsley chopped very fine, mixed with a bit of butter, some pepper and salt, and fill the belly of each bird with it; they will be sufficiently done in twenty minutes. Serve them with brown gravy or bread sauce, or parsley and butter.

## TO BOIL.

Truss them like boiled fowls; put them into plenty of boiling water; throw in a little salt, and in fifteen minutes take them out; pour parsley and butter over, and send some of it to table with them in a tureen.

## PIGEON CUTLETS A LA MARECHALE.

Take pigeons, cut them into fillets, and flatten them with the back of a knife; scrape the bone off the pinion and stick it in the end of the cutlet; dust them over with salt and pepper, and rub them over with the beaten yolk of an egg; dip them into melted butter, and sprinkle smoothly with crumbs of bread; broil them of a nice colour, and serve with a rich gravy or Italian sauce.

## STEWED PIGEONS.

For this entrée you must procure young pigeons or squabs; singe them slightly; melt about half a pound of butter, squeeze the juice of a lemon into the butter, and then let the pigeons be fried lightly over the fire twice or three times only. Then put the pigeons into a stewpan trimmed with

layers of bacon ; pour the melted butter and lemon-juice over them, and then cover them well—it is also requisite to pour in a spoonful of rich gravy to prevent their frying ; set them for a quarter of an hour over a gentle fire, and drain them ; dish them with brown sharp sauce, or a sauce piquant.

#### PIGEON PIE—OR COBOOTUR KA PIE.

Border a dish with fine puff paste, and cover the bottom with a veal cutlet or tender rump steak cut into thin slices ; season with salt, cayenne, and nutmeg or pounded mace ; put as many young pigeons over them as the dish will contain, seasoned with salt, pepper and spices, the yolks of a few hard-boiled eggs within the intervals ; put plenty of butter over them, with a small quantity of broth for the gravy ; cover the whole with plain paste or with puff paste. Pigeon pie, if to be eaten cold, requires more seasoning than when to be eaten hot.

*Obs.*—It is an improvement to stuff the birds as for roasting before putting into the pie.

#### RABBITS—OR KHURGOSH.

##### TO ROAST.

Stuff, lard, paper, and roast as hare or fowl ; baste it well, as it is rather dry ; and butter it, as it should be of a very light colour ; do not take off the paper till there is only time to brown it very lightly ; froth it well, and serve it with the liver rubbed down in the gravy ; if the liver has been put into the farce, any other seasoning will be unnecessary ; it will take from half to three quarters of an hour. Any of the sauces served with fowl may be served with it.

##### AS HARE.

After it has hung sufficiently, rub it all over with very fine-powdered mixed spices ; sprinkle the inside with garlic vinegar ; dip a cloth in vinegar, with a mixture of black

currants or port-wine ; wrap it round the rabbit, stuffing the corners into the belly, and hang it in the air for a night ; stuff, lard or barb, roast, and serve it as a hare.

#### TO BOIL.

Rabbits that are three parts grown, or at all events which are still quite young, should be chosen for this mode of cooking. Wash and soak them well ; truss them firmly, with the heads turned and skewered to the sides ; drop them into plenty of boiling water, and simmer them gently from thirty to forty-five minutes—when very young they will require even less time than this ; cover them with rich white sauce mixed with the livers parboiled and finely pounded and well-seasoned with cayenne and lime-juice, or with white onion sauce, or with parsley and butter made with milk or cream instead of water (the livers minced are often added to the last of these), or with good mushroom sauce.

#### RISsoles OF RABBIT.

Make a rich farce with the meat of cold dressed rabbits, then spread some puff paste and cover it at equal distances with lumps of the foree-meat ; moisten the paste all round the farce, and fold it in two ; press it round with your fingers and cut each out with a rowel or knife, and fry of a nice brown colour. They may be dipped into the beaten yolks of eggs and crumbed, but it thickens the paste.

#### TIMBALE OF RABBITS, POULTRY, OR GAME.

Prepare, bone, and cut up two young rabbits ; daub them with bacon ; season with minced parsley, shallots, mushrooms, or truffles, spices, pepper, and salt ; put these ingredients in a stewpan with butter, and harden the rabbits while in it ; moisten with a glass of white wine and two large spoonsful of espagnole or good stock, and let them simmer till enough done ; set them to cool ; butter a mould of sufficient size,

and line it with rolled paste, beginning at the middle of the bottom and continuing to go round till it comes to the top; the rolls of paste must lie firm over each other. Have ready a piece of thin paste to lay in the bottom; make it an inch larger, that it may come up to the sides; wash over this paste with the yolk of an egg, and put it in; press it well down to make it firm, and have ready a sufficient quantity of small force-balls; dress them round and round the sides till they nearly reach the top; put in the rabbits with the seasoning and cover it, wetting and fixing it firmly; dress it round the edge; give it an hour and a half; it must be a fine colour for the paste. When ready to dish, cut it nearly open at the top, and put in a nice sauce of reduced espagnole, or cover it with a sweetbread or mushroom ragout.

#### TO SMOTHER RABBITS IN ONIONS OR OTHER VEGETABLES.

Cut the rabbits in proper pieces, and stew them gently in a braise, or white in batter: the most careful boiling hardens them. Have ready a rich onion sauce made with cream or stock. It may also be dressed in a ragout of celery, artichoke bottoms, scorzonera, Jerusalem artichokes, peas, French beans, &c.

#### GAME.

##### BUSTARD.

These birds are found in great abundance on most of the plains in this country, more specially the Western side of India. The male bird weighs from twenty to thirty pounds, and when taken by the Shikarees, is often sold for as low a sum as one rupce. The bird is to be cleaned and trussed as a turkey, and roasted precisely in the same way, accompanied with bread sauce; the meat from the breast, if not over-done, may be converted into an excellent salmi or Burdwan stew; like the pea-fowl, it will furnish delicious scollops or cutlets, and also soup; perhaps the latter methods are the best for dressing the flesh of so large a bird.



## A SALMI OF BUSTARD.

Cut off the best parts of the brown and white into slices, sprinkle them over lightly with arrowroot or flour and lay them in a stewpan, then put the remaining trimmings with the bones broken, a couple of onions cut in halves, stuck with a dozen cloves, some parsley, two or three peach leaves, and a few peppercorns into another stewpan, and cover the whole with water; let it boil well for half an hour and strain off the gravy; put it into a stewpan again, add a large glass of claret or white wine, and reduce the gravy to the quantity required; then add the slices of the bird, colour with a little browning, and give it a boil-up, when serve with sippets of toasted bread.

*Obs.*—The meat remaining, if picked free from all sinews, may be potted as directed for other meats. Turkey or any other cold poultry may be dressed in the same manner, only, if wished to be white, omit the browning and stir in the yolk of a beaten egg with a little cream at the last. It must not boil.

## SCOLLOPS.

Cut the breast into fillets, and put into a stewpan or frying-pan, with a little melted butter and some truffles cut thin into strips, or else mushrooms; put the stewpan on the fire, and do the fillets on both sides; remove the scollops with the other articles from the melted butter, and cover them with a nice white sauce or bechamel, flavoured with the essence of the game, &c., or serve them in a border of finely-mashed potatoes.

## FAWNS

Like sucking-pigs, should be dressed almost as soon as killed; when very young, are trussed, stuffed, and spitted the same way as a hare; but they are better eating when of a larger size, and are then roasted in quarters. The hind



quarter is most esteemed. They must be put down to a very quick fire, and either basted all the time they are roasting, or be covered with sheets of fat bacon; when done, baste it with butter, and dredge it with a little salt and flour till you make a nice froth on it. Send up venison sauce with it, or bread sauce with wine and currants may be served.

*Obs.*—The proper sauce now in use are currant jelly and port-wine, sugar, syrup, and claret.

HARE—OR SIZAROO, OR CHOOGURA, OR JUNGLEE KURGOSH.  
TO ROAST.

Skin and prepare it; wipe it well without washing it; slit it a little under the jaws to let out the blood, and stuff it with savoury or sweet stuffing, or with a gratin, sew it up, and lard or barb and paper it; put into the dripping-pan half a pint of ale, a gill of vinegar, a clove of garlie, pepper and salt; baste continually without stopping until it is all dried up, or use a pint of good cream or a quart of fresh milk; baste it with it till ready, and finish frothing it with butter and flour. Serve as above.

*Obs.*—Hare cut into fillets and dressed as a cutlet will be found preferable to the common mode of roasting, especially if served with a piquant sauce.

JUGGED.

Wash it very nicely, cut it up into pieces proper to help at table, and put them into a jugging pot, or into a stone jar just sufficiently large to hold it; put in some sweet herbs, a roll or two of rind of a lime or Seville orange, and a fine large onion, with some cloves stuck in it; and, if you wish to preserve the flavour of the hare, a quarter pint of water; if for a ragout, a quarter pint of claret or port wine, and the juice of a Seville orange or lime. Tie the jar down closely with a bladder, so that no steam can escape; put a little hay at the bottom of the saucepan, in which place the

jar and pour in water till it reaches within four inches of the top of the jar; let the water boil for about three hours, according to the age and size of the hare (take care it is not over-done, which is the general fault in all made dishes, especially this), keeping it boiling all the time, and filling up the pot as it boils away. When quite tender, strain off the gravy clear from fat, thicken it with flour and give it a boil-up; lay the hare in a soup dish and pour the gravy to it; make a stuffing the same as for roast hare, and boil it in a cloth, and when you dish up your hare cut it in slices, or make force-meat balls of it for garnish.

Or prepare the hare the same as for jugging; put it into a stewpan with a few sweetherbs, half-a-dozen cloves, the same of all-spice and black pepper, two large onions, and a roll of lemon or lime peel; cover it with water; when it boils skim it clear, and let it simmer gently till tender (about two hours); then take it up with a slice; set it by the fire to keep hot while you thicken the gravy; take three ounces of butter and some flour, rub together, put in the gravy, stir it well, and let it boil about ten minutes; strain it through a sieve over the hare and it is ready.

#### HASHED VENISON—OR HURUN KA GOSH KA HASH.

If you have enough of its own gravy left, it is preferable to any to warm it up in; if not, take some mutton gravy or the bones and trimmings of the joint (after you have cut off all the handsome slices you can to make the hash); put these into some water, and stew them gently for an hour; then put some butter into a stewpan; when melted, put to it as much flour as will dry up the butter, and stir it well together; add to it by degrees the gravy you have been making of the trimmings, and some red currant jelly; give it a boil up, skim it, strain it through a sieve, and it is ready to receive the venison; put it in, and let it just get warm; if you let it boil it will make the meat hard.

## ORTOLANS

May be roasted in lard or ghee, dressed with bread-crumbs; their legs must be trussed up the same as quails. Serve, when roasted, in fried crumbs mixed with savoury powder, such as truffle, oyster, mushroom, or anchovy.

*Obs.*—Bread to be made into crumbs for serving with small birds should be first soaked in lime-juice and port wine, acidulated currant jelly, or vinegar and sugar for garnishing game.

## PARTRIDGES—OR TEETUR—

Both black and grey, are best boiled; the former are in season from October until May, the latter from September to February. Clean the birds and truss them as chicken; have ready a large vessel of boiling water into which place the birds, keeping the water at a boil; they will be done in ten or twelve minutes.

They are also very good stewed with some butter and a small quantity of water; place them in a stewpan or conjurer over a brisk fire, look to them occasionally and constantly turn, to prevent their being burnt in the bottom of the pan; and as soon as the gravy begins to ooze from the birds and mixes with the butter, they are done enough. Serve with bread sauce.

*Obs.*—Quail, snipe, rock or green pigeon, may be dressed in the same manner, only the two latter should first be skinned and dressed in vine leaves.

## TO ROAST.

Clean your birds nicely, and take care not to injure the skins; pick them well, cut off the sinews that are under the joints of the legs up towards the breast, and give a good shape to the birds. They require a good deal of roasting. Send up with them rice or bread sauce and good gravy.

## A LA CRAPANDINE.

Cut off the claws after having emptied and picked the birds; make a hole below the joint of the leg; truss the leg inside of the body; singe the birds over the flame till the flesh gets firm; pinch the breast with your left hand; scollop the breast without quite reaching the skin; turn the flesh over on the table; beat the bird flat; dust it with a little salt and pepper, then dip it twice into clarified butter and crumbs of bread; broil it, and send it up with an Italian sauce or essence of game, or it may be broiled without bread-crumbs.

## PEA-FOWL

Are roasted as fowls and served with bread sauce. The breast, when cut into slices, may be made into cutlets, and dressed the same as veal or fillets of pheasants.

## PHEASANTS

Are all larded and stuffed and dressed in the same manner as guinea-fowl. As a knowledge of the age of these bird is of consequence to the cook, therefore the wing ought to be looked at, and if the point feathers are gone it is old, and ought to be dressed in some other way or braised before roasting. Hang these birds by the tail feathers, and when they drop they are fit for use. A basket of bran or straw ought to be placed beneath, as the fall from a height would bruise the bird.

## TO ROAST.

Requires a smart fire, but not a fierce one; thirty minutes will roast a young bird, and forty or fifty minutes a full-grown pheasant. Pick and draw it; cut a slit in the back of the neck and take out the craw, but do not cut the head off; wipe the inside of the bird with a clean cloth; twist the legs loose to the body; leave the feet on, cut the toes off; do not turn the head under the wing, but truss it like a fowl.

## PHEASANTS' FILLETS.

Cut off the fillets; beat them lightly with the handle of a knife (pare them, melt some butter in a stewpan, dip in the fillets); then flatten and trim of a good shape; dip them in egg beat up with a little salt, and then in fine bread-crumbs; fry them a light brown in boiling lard; serve under them some good gravy or mushroom sauce.

## PLOVERS.

The green, grey and golden plovers—these birds are roasted without being drawn, and are treated in all respects like roasted woodcocks, toast being placed to receive the trail, and the roasted plovers being served up with no other sauce than melted butter.

## SNIPE—OR PANKOOKREE—

Are dressed like woodcock in every respect.

## SNIPE A LA MINUTE.

Put a small spoonful of fresh ghee or butter for each bird into a degchee or stewpan, with some chopped onions, parsley, nutmeg, salt, and pepper; place the birds, after being properly trussed, breast downwards, and set the pan over a brisk fire for a few minutes, stirring occasionally to prevent their sticking and burning; then add for each half-dozen birds the juice of two limes, two glasses of white wine, and a table-spoonful of grated crumbs of bread; simmer the whole for a minute longer, dress the birds on a dish, and serve the sauce poured over.

## FLORICAN

Are roasted like pheasants, and served with the same sauce. Spnr-fowl the same.

## QUAILS—OR BUTTEER KA KABOB.

## TO ROAST.

Clean and prepare them with their legs well drawn up and their claws only just seen; cover them with or without



bacon, and wrap them in vine leaves ; roast them nicely, and serve with bread sauce or good gravy.

*Obs.*—The rain and grey quail are the finest ; the bush are thought little of.

#### STUFFING FOR QUAIL.

Crumbs of bread, chopped parsley, grated lemon-peel, butter, pepper and salt, with a very little clear marrow or suet chopped fine ; put a small slice of bacon in the inside of each bird, and then roast them.

#### QUAIL PIE—OR BUTTEER KA PIE.

Prepare any number of quails ; open them at the back ; take out the intestines with care from the gall, liver, and gizzard ; make a farce of the two latter ; raise the pie, cover the bottom with farce ; lay in the quails and fill up with farce ; rub up some butter with mixed spice and salt ; spread it over and finish the pie. Each bird may be wrapped in a bit of bacon and truffle, or mushrooms may be intermixed in the seasoning.

#### PUFFS OF QUAILS, &c.

Make a rich and very light puff paste ; let the birds, after being cleaned and drawn, be trussed and browned in a stewpan ; then into the body of each put a small lump of fresh butter or bacon fat ; fill up the inside with a light stuffing and a little cream ; wrap each bird so prepared in fat bacon ; then cover it with paste rolled out to a convenient thickness, but not too thick ; give it any form you please ; lay the puffs separately on tins, and bake until the paste is done. In a quick oven in ten minutes they will be ready.

#### TEAL—OR SULKE.

Draw and clean your teal as for roasting ; set aside the livers ; prepare a stuffing with crumbs of bread, chopped parsley, lime-juice, pepper, salt, and nutmeg ; chop up the



livers very fine, and mix ; moisten the whole well with butter, and put a portion into each bird ; roast them before a sharp fire, or in a degchee, with or without some thin slices of bacon tied in paper over the birds ; when dressed, remove the paper, brown the bacon, place it upon a toast, and dress the birds upon it.

#### WILD GOOSE—OR JUNGLEH RAJ-HAUS

Is dressed exactly as wild duck ; its nicety consists in being browned outside without being soddened within, well frothed, and full of gravy.

#### WOODCOCKS

Are never opened. Take the skins off their heads, truss up their legs, skewer with their bills ; fix a skewer between their legs, and tie them by it to the spit ; put them to roast at a clear fire ; cut as many slices of bread as you have birds, trim them to a proper size, and toast or fry them a delicate brown ; lay them in a dripping-pan before they are basted to receive the drippings ; baste them with butter and froth them with flour ; lay the birds, when ready, on the toast, and put some good beef gravy into the dish ; garnish with slices of lime.

#### ANTELOPE—OR HURRUN.

Hurrun venison is not held in the same estimation as either the spotted deer or even the smaller kind called the Bâkar (which has only a single tine to its horn). The flesh of the hurrun is devoid of fat, and requires, when dressed, that it should be covered with the caul from a fat sheep, roasted precisely in the same way as other venison, and served with a similar sauce. Some prefer boiling the meat in a paste, as it preserves the flavour ; it also makes excellent soup ; and cutlets may be prepared in the various ways as directed for mutton. The leg, if cut into a fillet, like veal, and salted, will be highly relished both hot and cold, and may easily be converted into potted venison in a few minutes.

## VENISON—OR HURRUN KA KABOB.

When to be roasted, wash it well in lukewarm water, and dry it with a cloth; cover the haunch with buttered paper when spitted for roasting, and baste it very well all the time it is at the fire; when sufficiently done, take off the paper, and dredge it very gently with flour in order to froth it, but let it be dusted in this manner as quickly as possible, lest the fat should melt. Send it up in the dish with nothing but its own gravy, or dress it with a coarse paste, securing it and the paper with twine; it is then frequently basted, and a quarter of an hour before it is removed from the fire, the paper and paste are taken off, and the meat dressed with flour and basted with butter. Gravy should accompany the venison in a tureen, together with currant jelly, either sent to table cold, or melted in port wine and served hot.

## CRUST FOR VENISON PASTY.

To a quarter of a peck of fine flour use two pounds and a half of butter and four eggs; mix into paste with warm water, and work it smooth and to a good consistence; put a paste round the inside, but not to the bottom of the dish, and let the cover be pretty thick, to bear the long continuance in the oven.

## VENISON PASTY—OR HURRUN PUSTY.

A shoulder, boned, makes a good pasty, but it must be beaten and seasoned, and the fat supplied be that of a fine loin of mutton steeped twenty-four hours in equal parts of vinegar and port. Cut and marinade any part of the neck, breast, or shoulder; the meat must be chopped in pieces and laid with fat between, that it may be equally proportioned; lay some pepper, all-spice, and salt at the bottom of the dish, with some butter; then place the meat nicely, that it may be sufficiently done.

## MARINADE FOR WILD FOWL.

Put into the dripping-pan equal quantities of claret and water, red wine, or a mixture of vinegar and water, with a clove or two of bruised garlie, a little powder or juice of sage, nutmeg, salt, and pepper; baste with it, and afterwards with butter. When ready to serve, take up the marinade and work it well; if not enough, add stock and wine, and season higher if it requires it.

## FRENCH SIDE-DISH.

Two pounds of beef or veal cut very fine and free from skin, with beef suet or marrow, as you may judge sufficient to make it good; a slice of bread-crumbs, soaked in boiling water, a little salt, pepper, and nutmeg; mix it well together with the yolks of two eggs, and roll it up in a tin pan. Cover it with small pieces of butter when you put it in the oven, and turn it when baking.

## SALMI OF GAME, MEAT, &amp;c.

Take a pound of any under-roasted meat, hare, turkey, game, goose, or duck, and cut it up into convenient pieces; put them into a saucepan; bruise the livers, and should it be snipe or woodcock, bruise the trail; squeeze over them the juice of two lemons, and the rasped zest of one or two bitter oranges; season with salt and the finest spices in powder, cayenne, and mustard prepared with flavoured vinegar, and a little white wine or claret; put the saucepan over a lamp or fire, and stir it constantly, that it may all be incorporated with the sauce. It must not boil, and should it attempt it, a stream of fine oil must be poured over to prevent it; diminish the flame, or keep it up a little higher, and stir it two or three times; it is then ready to be served, and must be eaten very hot.

## RAGOUT OF POULTRY, GAME, &amp;c.

Half roast it, then stew it whole, or divide it into proper-sized joints; put into a stewpan with a pint or more of

good consommé, or take all the trimmings and parings with as much water, one large onion stuck with cloves, and a few all-spice, some black pepper, and a roll of lime-peel cut thin; skim it very carefully while boiling, and let it simmer for an hour or more; then strain off the gravy (put the meat on one side to keep warm) and remove the fat; put a couple of spoonsful of butter into the stewpan, and when melted, stir in as much arrowroot or flour as will make it into a thick paste; then by degrees add the liquor, and let it boil up; put in a glass of port wine or claret, a table-spoonful of mushroom catsup, a little lime-juice, and simmer for ten minutes; strain and pour over the meat; garnish with fried sippets of bread.

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## CHAPTER IX.

## VEGETABLES (OR SUBJEE),

TO PREPARE AND DRESS IN DIFFERENT WAYS.

ARTICHOKES—OR KUNGUR, OR ARTUCHUK (COR.)

SOAK them in cold water and wash them well, then put them into plenty of boiling water, with some salt, and let them boil gently until they are tender—the way to know when they are done enough is to draw out a leaf; trim them and drain them, and serve in a napkin. Send up with them melted butter.

TO BLANC ARTICHOKE AS WELL AS OTHER VEGETABLES.

Cut about a quarter of a pound of fat bacon and a little beef suet into shape of dice; take a large spoonful of fresh butter, a little salt, and a lime cut in thin slices, and put the whole into a sufficient quantity of water to cover whatever you wish to put into your blanc. Let this stew for half an hour before you put in your artichoke bottoms; stew them a short time in the blanc, and serve up with whatever sauce you please. They serve also to garnish fricassees of fowls, ragouts, white or brown.

ARTICHOKE BOTTOMS.

Strip off the leaves after they are boiled, and remove the choke; mix into some melted butter as much espagnole as will sauce the dish, or melted butter with a little glaze; rub this up well, and put in the bottoms long enough to imbibe a flavour.

ARTICHOKE BOTTOMS EN CANAPES,

When cold, are served for entremets. Pour on the centre of each artichoke bottom some anchovy, butter, and decorate

the whole with capers, pickled cucumbers, beet-root, &c., and pour over them a salad sauce ; garnish with cresses between.

#### FRIED ARTICHOKEs.

Take your artichokes that are very tender ; cut them into quarters ; pare them nicely, and rub them over with some lime or lemon, that they may preserve their white colour ; when they have been well trimmed of nearly all their leaves, washed and drained, so that they are quite dry, put them into a dish with some pepper, salt, and the juice of a lime. Next take four spoonful of flour, three eggs, a tea-spoonful of olive oil, and beat well up together ; then put in your artichokes, and stir them up with a wooden spoon until the leaves are well covered ; then have some dripping or ghee, which must not be too hot, so that the artichokes may be gradually done through of a fine colour. Throw the artichokes in, piece after piece, and take care that they do not stick together. When they are done and crisp, lay them on a towel to drain, and serve with fine crisp green parsley.

*Obs.*—Artichokes are only fit to be eaten when young and tender, and this may be ascertained by the stalks breaking without being thready.

#### TO DRY AND PRESERVE ARTICHOKEs.

Boil the artichokes with a little salt, the same as for eating ; when you can separate or pull off the leaves, they are done sufficiently ; take them off the fire and let them cool on a dish ; remove the leaves and choke ; dry the bottoms, either in an oven or in the sun ; put them in bags or string them, and keep in a dry place. When to be dressed, they must be laid in warm water for a couple of hours ; they may then be dressed in any way you please.

*Obs.*—They are a great improvement to most made dishes and meat pies.



JERUSALEM ARTICHOKE—OR KUNGUR, OR ARTUCHUK (COR.)—

May be boiled and dressed in the various ways directed for potatoes; they should be covered with thick melted butter, or a white or brown sauce.

*Obs.*—They are excellent roasted. Put in a napkin and serve with melted butter. They take very little stewing or boiling.

ANOTHER WAY.

Cut one or two onions in half rings, and brown them highly in oil or ghee; slice the artichokes, and put them in with minced parsley, scallions, salt, and pepper; give them two or three turns, dish, put a little vinegar in the pan, boil it up, and pour it over.

ASPARAGUS—OR MARCHOGBA—

Must be boiled in salt and water; the water in which they are boiled is always nauseous and of a bitter taste, and for this reason they are never added in soup or garnishes but at the very last moment before serving up. To preserve their green colour, they should be boiled quickly and served in bundles, and drained from all the water before placing on the dish; a toast of bread, sometimes buttered, is placed under the heads to raise them on the dish; melted butter should be served up with them in a boat, or may be poured over the tops.

PUREE D'ASPERGES.

Break off the tops of green asparagus; boil them till tender in salt and water; then drain on a towel; put two table-spoonsful of butter in a stewpan, with half a pint of the tops; stir them well over a moderate fire, with a sprig of green parsley; mash the asparagms; add some white sauce, a little arrowroot, salt, and sugar; let it boil a few minutes; rub it

through a tamis; put it into a fresh stewpan, and warm it with a little cream.

#### POINTES D'ASPERGES EN PETITS POIS.

Cut the green tops of as much asparagus as you require, half an inch long; throw them into a stewpan of boiling hot water, with some salt; boil until tender, then lay them on a towel or sieve to drain; put them into a stewpan; and to each table-spoonful of heads add one of bechamel sauce, a little sugar and salt, with a tea-spoonful of chopped parsley; let it simmer for a few minutes; add a little butter rolled in arrowroot; shake it well and serve.

#### ANOTHER WAY.

Boil the asparagus; chop small the heads and tender parts of the stalks, together with a boiled onion; add a little salt and pepper, and the beaten yolk of an egg; heat it up; serve on sippets of toasted bread, and pour over it a little melted butter.

#### BEET-ROOT—OR CHUKUNDA, OR BKLATKE PALUNG.

After being properly washed, care should be taken that the rind is not cut or the end fibres broken off, as it loses its colour in boiling. The leaves should be cut an inch above the crown or top, and to be wholesome it must be thoroughly cooked. It may be boiled, cut into slices, and dressed with vinegar and sugar (and sliced onions, if approved of, mixed with it); or baked, stewed, or made into soup.

#### TO STEW.

Take a large beet, red or white, or two or three small ones, and boil or bake until tender; rub off the skin and mash the root into a fine pulp; if white, dress it in consommé or cream; if red, in half a pint of rich gravy; then add, previous to serving, three table-spoonsful of vinegar, with a dessert-spoonful of pounded sugar.

## ANOTHER WAY.

Mix a dessert-spoonful of butter with a little arrowroot or flour; melt it in half a pint of consommé; clean your beet nicely, and scrape off the rind; cut it into slices, and put it into the stewpan with your gravy and a sufficient quantity of pepper and salt; cover the pan down, and stew it gently until done; lastly, add a table-spoonful of vinegar, with a little sugar.

*Obs.*—When beet-root is to be sent to table in slices, and dressed with vinegar, never sprinkle pepper over it, as it gives it a dirty appearance.

## BROCOLI—OR CHOTKE PHOOL KOBEE.

Wash and pick them clean; boil them in salt and water, and let them cool; when cold, dress them lightly with flour and fry them in clear ghee or butter, and sprinkle a little salt over them, or they may be cut up small after being boiled and cold, and dressed with salad sauce.

## BROCOLI AND BUTTERED EGGS.

Clean your broccoli thoroughly, removing all leaves and tough skin from the stalk; cut it into quarters if small, or into such pieces as will be sufficient to dress the dish, reserving a bunch for the middle; boil your broccoli in salt and water, and prepare a toast for the centre of the dish; beat up six eggs well; put into a saucepan over the fire four table-spoonsful of butter and a little salt, and as it becomes warm, add the eggs, shaking the whole until it is of a proper consistency; pour it over the toast, and arrange the broccoli tastefully upon it.

## BEANS—OR BEEN (COR.)

Should be sent well boiled to table, with parsley and butter sauce in a boat, or the skin peeled off and dressed in ragout, friassee, or made into purée for soups or sauces. The larger kinds are sometimes served with port wine.

## FRENCH BEANS—OR FRAS BEEN (COR.)

Cut off the stalks first; then turn to the point and strip off the strings; have a little salt and water before you in a bowl, and as the beans are cleaned and stringed throw them in, then put them on the fire in boiling water, with a little salt; when tender, take them out and drain in a cullender. They may be sent up whole when young; but if a little old, cut in two, or split and divide across, or cut like lozenges. Serve with melted butter in a boat.

## A LA FRANCAISE.

Boil the beans in salt and water over a quick fire; then drain them; lay them in a saucepan near the fire; when entirely dry and quite hot, add a couple of table-spoonsful of fresh butter, a little pepper and salt, and the juice of a lime; shake the saucepan about without using a spoon, so as to mix the butter well with the sauce without breaking the beans; if the butter does not mix well, add a little white broth.

## A LA POULETTE.

Boil the beans; drain and dry them as directed *à la Française*; then make the following sauce and add to them:—Take some white rous, and dilute or reduce with consommé; thicken this with the yolks of two eggs, to which add a little parsley, chopped fine; when the thickening is prepared, add a spoonful of fresh butter, stirring it well, with a little pepper and salt, and some lime-juice.

## MAZAGONG BEAN, A LA POULETTE—OR CHOTA BEEN (COR.)

Shell and take off the coats, boil them in salt and water; when nearly done, drain them, and stew them in a little consommé thickened with white rous, to which add a bunch of parsley, some green onions, and a tea-spoonful of sugar; when the beans are sufficiently done, thicken with the yolks of two eggs and a little cream; season with white pepper and salt.

## CABBAGE—OR KOBEE.

## TO BOIL.

Wash and clean them thoroughly ; if large, cut them into quarters or divide them ; put them into boiling water with a little salt.

## TO STEW.

Boil a fine cabbage, press it free from water, and cut it into slices ; add a few green onions previously boiled and chopped, with pepper and salt ; melt some butter in a stewpan, mix in the cabbage, and warm altogether, stirring it well ; add a table-spoonful of gravy, with the juice of a lime or some lime-pickle ; let it stew for a few minutes, and serve.

*Obs.*—Cream may be used instead of butter.

## TO STEW RED CABBAGE—OR LAL KOBEE KA ESTUE.

Slice as for pickling ; put it in a stewpan, with some water and a little pepper and salt, and stew until quite tender ; strain off the liquor, and add more pepper, with a little salt, if necessary, and two or three table-spoonsful of vinegar, and warm the whole together.

*Obs.*—A clove of garlic gives stewed cabbage a pleasant relish ; it may be dressed in stock.

## CARROTS—OR GAJUR.

Wash and scrape very clean, and put these on in boiling water, with a little salt. If the carrots are very large, they should be cut in two or four pieces.

## PUREE OF CARROTS.

Take some fine young carrots, wash and scrape them clean ; then cut off the outside until you come to the middle part ; moisten them over a very slow fire, with a little butter ; add three or four spoonsful of clear broth, and dredge in a little flour ; stew the whole until properly done ; pass through a tammy, and add to the soup.



## CAULIFLOWER—OR FOOL KOBEE.

When required to be particularly white, all the small leaves must be picked out, and the shoots divided. The nicest way to boil them is in milk and water; or they may be dressed as brocoli, with white sauce.

## CAULIFLOWER, WITH PARMESAN CHEESE.

Boil your cauliflower as directed, but not thoroughly; cut off the stalk, so that it will stand erect in the dish; put it into a stewpan, with the following sauce: Rub up four table-spoonsful of butter, with a table-spoonful of arrowroot, and as it melts add by degrees half a pint of water or more; put in the cauliflower, and let it stew a few minutes; then take it from the fire, and when off the boil add the yolk of an egg well beat up, with a little lime-juice and a spoonful of water; shake the stewpan over the fire till the sauce is properly set; remove the cauliflower into a dish, and cover the top with rasped Parmesan; pour the sauce round it, and brown with a salamander.

## CELERY STEW—OR UJOOA'EN STEW.

## WHITE UJOOA'EN.

Wash and clean some heads of celery; cut them into pieces of two or three inches long, and boil them in veal or other white stock until tender. To half a pint of cream add the well-beaten yolks of two eggs, a little lemon-peel, grated nutmeg, salt, and a little butter; make it hot, stirring it constantly, but do not let it boil; strain it upon the celery.

## BROWN.

Fry it in pieces about two inches long; add a little gravy and put it to stew till tender; season with mace, pepper, and salt; thicken and let it cool.

## CELERY SEED—OR UJOOA'EN KA BEHUN.

Half a small tea-spoonful of celery seeds will impregnate two quarts or more of soup, with almost as much flavour as



two or three heads of celery ; and as it goes to seed so readily in this country, the seed should be preserved for this purpose, being preferable to the essence, which does not impart the sweetness with the flavour.

#### CUCUMBERS--OR KHEERAH--

Are not considered very wholesome, unless boiled, roasted, or stewed. The common way of dressing them in the raw state is merely to remove the peel and cut the cucumber into thin slices, after which sprinkle with salt, and place the dish on a slope, that the water may run from it ; then dress with oil and vinegar : pepper and cayenne may or may not be added.

#### TO STEW.

Pare your cucumbers, and cut into thick slices ; flour them well, and put them into a stewpan, with butter and some salt ; let them stew slowly ; add half a pint of good gravy, with a little port or claret and some mushroom catsup, and stew until done.

#### ANOTHER WAY.

Pare and slice your cucumbers down the middle ; let them lie in salt and water for an hour ; then put them into a saucepan, with a pint of consommé or good gravy, a slice of ham, an onion stuck with a few cloves, a little parsley and thyme ; cover the saucepan, and let them stew gently until tender ; remove them carefully, strain the gravy, and thicken with a little butter rolled in flour, and pour over them.

#### CUCUMBERS STUFFED.

Remove the seeds, either with a marrow spoon, or cut them like a screw, by pressing the knife with your thumb whilst turning it round at equal distance through the outer part only ; then remove the seeds as directed, and fill them with a farce of finely-minced fowl, veal, or mutton ; put some

lean bacon sliced into your stewpan, with one or two carrots and onions, two or three peach leaves, and a little thyme, with pepper and salt; and some good consommé, and let them stew gently until tender; then carefully remove the cucumbers and lay them on a towel to drain; strain and thicken the gravy they were stewed in, and pour over them or serve with thick Spanish sauce.

#### ENDIVE—OR KASSUEE OR KUROO.

##### WITH GRAVY OF VEAL.

Wash and clean a few heads of fine endive; take off the outer leaves and blanch the heads in hot water; throw them into cold water, and then squeeze them as dry as possible; stew them in as much gravy as will cover them; add a tea-spoonful of sugar and a little salt; when perfectly tender, put in a little white sauce or consommé, and serve quite hot.

#### ENDIVE—TO DRESS AS SALAD.

Wash and clean two or three fine heads that have been well blanched; pick off all the outer leaves; cut as you would other salad, and put over it slices of beet-root and salad sauce.

#### ENDIVE—WITH SIPPETS, SWEETBREADS, ETC.

When well washed, parboil it in three or four different waters to remove its bitterness; then boil it in salt and water until done, after which throw it into cold water; remove, squeeze, and chop it fine; put it into a stewpan, with some butter and a few young onions chopped very small; when dry, dredge with an ounce of flour; add some seasoned gravy, with a dessert-spoonful of sugar, and let it stew gently for about ten minutes, and serve on sippets, &c.

#### GARLIC—OR LUSSUN—

Is a useful flavouring ingredient in sauces, chutnies curries, pickles, &c., and when used after having been boiled

in several waters, a person would scarcely believe he was eating the vegetable. The French understand the secret perfectly—*vide* Gigot a l'ail.

#### GOURD, VEGETABLE MARROW, OR DILL PUSSUND.

Pare off the skin of six or eight small gourds, or as many dill pussund; put them into a stewpan, with salt, lemon-juice, some butter, ghee, or fat bacon, and let them stew gently until quite tender. Serve with any relishing sauce, or melted butter.

*Obs.*—They may be boiled either in salt and water or in a clear broth, then sliced, and the water allowed to drain off, and dressed with salt, pepper, and melted butter or cream.

#### FENNEL—OR SUNF, OR SO'OOA'H.

Pick and beat two or three handfuls of fennel in a mortar; express the juice through a cloth; stir it over the fire; when it curdles, take it off, and pour it into a sieve; when the water has run off, put it again into the mortar, rub it well with a little clarified sugar, and put it up for use.

*Obs.*—Fennel sauce is made in the same manner as parsley, only that the fennel after being boiled must be chopped up and added to the butter.

#### LOVE-APPLE CATSUP—OR GOOT BEGUN KA SAUCE.

Cut up the tomatoes or love-apples, and between every layer sprinkle a layer of salt; let them stand a few hours before you boil them, which do very well; then strain them through a cullender on some horse-radish, onions, or garlic, mustard seeds, beaten ginger, pepper, and mace; cover it close, let it stand a day or two, then bottle and seal it for use.

#### LOVE-APPLE CAKES FOR STEWS, &c.

Prepare the tomatoes exactly in the same manner as recommended for sauce, only boil away as much of the watery

particles as you conveniently can, then place the residue in a flat dish out in the sun; when it has evaporated, so as to become almost a dry cake, cut it into pieces about one inch square, and preserve either in wide-mouthed bottles or canisters; when required for use, one of the squares soaked in water for a few hours until dissolved will be sufficient to season a dish of cutlets or soups. This will keep a long time—in fact, it is only the inspissated juice of tomatoes.

#### MORELS.

These are principally imported from France and Italy in a preserved state, and are the only one of the fungus tribe that will bear drying without losing their flavour. They are found in old white-ant nests in most parts of India, and have a very high flavour when fresh and fine, and in this state are a delicious addition to stews and sauces.

#### MUSHROOMS—OR BENG KA CH'HATA

Are only procurable during the rains, and are found in light soils where cattle have been penned or are in the habit of grazing; they are never produced by cultivation in India, but grow spontaneously. Sheep and goat tracks are the most favourable spots for finding them on.

#### PUREE OF MUSHROOMS.

##### WHITE.

Blanch the mushrooms in a little water and lemon-juice; then put them into a stewpan with a small bit of butter; when the mushrooms are softened, moisten them with a few spoonsful of white sauce, but do not let them boil long, else they will lose their flavour; then rub through a tammy, adding a little sugar.

##### BROWN

Is prepared in a similar manner. Clean the mushrooms, chop them up fine, but do not fry them, else they will blacken the sauce; add espagnole or brown sauce.

## TO STEW.

Pick and peel half a pint of mushrooms, wash them very clean, put them into a saucepan, with half a pint of veal gravy or white broth, a little pepper, salt, and nutmeg; let them stew till tender, then add a spoonful of butter rolled in flour or arrowroot sufficient to thicken it; simmer a few minutes longer and serve. A little wine may be added.

## TO GRILL.

Take those of a middling size; skin and wash them very clean; if necessary, strain and dry them in a cloth; put a little butter over the inside of each; sprinkle some salt and pepper, and grill or fry till tender.

## OMELETTE.

Prepare and cook the mushrooms in butter, pepper, and salt, and mix into a plain omelette.

## TO CHOOSE.

Select those with reddish or pink gills inside, and agreeable scent; a wholesome or eatable mushroom will always peel; an unwholesome one will not. A small onion, it is said, if boiled with mushrooms, will turn black or lose its colour if there are any unwholesome ones amongst them. Silver also is blackened in the same manner.

## POWDERS.

Take half a peck of large sound mushrooms, wipe them perfectly free from grit and dirt, peel them and remove the black fur; put them into a stewpan, with two onions, twelve cloves, a quarter of an ounce of pounded mace, and two-spoonsful of white pepper, but no water; shake them over a clear fire till all the liquor is dried up, but do not let them burn; arrange them on tins, and dry in a slow oven; pound them to a fine powder, put it into dry bottles, cork well, seal the corks, and keep in a dry place.

*Obs.*—Add this powder to the gravy just before serving. It will need only boiling up once.



## ONIONS—OR PIAJ.

The older and drier the onion, the stronger its flavour, and the cook must regulate the quantity accordingly. Onions sliced and fried with some butter and flour till they are browned (and rubbed through a sieve) are excellent to heighten the colour and flavour of brown soups and sauces, and form the basis of most of the relishes furnished by the “restaurateurs.”

## TO BOIL.

Take a dozen white onions; after having peeled and washed them, take off the tops and bottoms; put them into a stewpan, with cold water or broth; boil till tender and serve. The Italians cut them into halves, and dress with oil, vinegar, pepper, and salt; cream or butter may be used instead of oil.

*Obs.*—In cutting off the tops and bottoms, take care not to cut them too near, otherwise the onions will go to pieces.

## PARSLEY—OR AJMOOD.

## TO PRESERVE.

Take fine fresh-gathered sprigs; pick and wash them clean; set on a saucepan half full of water; put a little salt in it; boil and skim it clear, then put in the parsley, and let it boil for a couple of minutes; take it out, and lay it on a cloth or basket, and put it in the sun that it may be dried as quickly as possible; keep it in a tin box in a dry place; when wanted, cover it with warm water a few minutes before you use it.

## TO FRY.

Let it be picked and washed, then shake it in a dry cloth to drain the water from it; when perfectly dry, put it into a pan of hot fat; fry it quick, and take it out the moment



it is crisp; put it in a coarse cloth before the fire to drain, or after the parsley is perfectly dried put it on a sheet of paper in a Dutch oven before the fire, and turn it frequently until it is quite crisp.

#### PARSNIPS—OR JUZUR.

The best mode of dressing these is to roast them in the oven, or they may be parboiled in their skin and roasted after in a Dutch oven. Send them whole to table, or slice without paring, and serve with melted or hard butter.

#### POTATOES—OR ALOO.

##### TO BOIL.

Put them into plenty of water with some salt; when they are about half-boiled throw away the water, and pour boiling water over the potatoes, adding to it some salt; let it boil up briskly; ascertain with a fork if the potatoes are nearly done; and if so, throw in a cup of cold water to check the boiling; the water will soon boil up again, and the potatoes will crack; drain off the water, and serve the potatoes up immediately in an open dish or in a napkin.

##### ANOTHER WAY.

Pare the potatoes and cover them with cold water, and boil till quite tender; then drain off the water and strew some salt over them; place the saucepan near the fire, with the lid off, and continually shake it till the potatoes appear dry and floury.

##### TO FRY.

Parboil the potatoes, then cut them up into slices, and fry them in butter or dripping; when they are brown, drain off the fat, and strew a little salt over them, and eat while hot and crisp.

Potatoes may be fried without being parboiled, and even when boiled and become cold ; the process in both cases must be the same.

#### NEW POTATOES

Are never good unless perfectly ripe. Choose them as nearly of one size as possible ; wash them and rub off the outer rind, and wipe them dry with a napkin ; put a quarter of a pound of fresh butter into a stewpen ; set it on the fire and when it boils throw in the potatoes ; let them boil till they are done, taking care to toss them every now and then, so that they may all go successively into the boiling butter. They must be carefully watched, because if done too much they shrivel up and become waxy. When the fork indicates they are done, they must be taken out before they lose their crispness, put into a dish, and some salt sprinkled over them. As soon as taken from the boiling butter, a handful of picked parsley may be thrown into it, and, after it has had a boil or two, laid upon the potatoes as a garnish.

Old potatoes may be cut into round pieces about the size of a walnut and dressed in the same way.

#### TO BOIL.

These should be fresh dug. Take them of equal size ; rub off the skins with a coarse cloth, and wash them clean ; put them into hot water without salt and boil till tender ; drain off all the water and set them by the side of the fire, strewing a little salt over them ; and immediately they are ready, serve in a napkin hot, with melted butter.

#### POTATO SCOLLOPS

May be varied at pleasure, using potatoes as crumbs are used in other scollops, and for which they must only be parboiled and rasped, and mixed with rasped ham, bacon,

parsley, seallion, butter, gravy, or eream, pepper, and salt, or with mushrooms, oysters, or shrimps, with savoury herbs ; any of these may be cheesed or enrried. They are exeellent supper dishes mashed sweet, or savonry served in shells.

#### POTATO BALLS.

Boil some potatoes very dry, or till they are floury ; mash a pound of them very smooth, and mix with them, while they are warm, two ouncees of fresh butter, a tea-spoonful of salt, a little nutmeg, the strained and beaten yolks of four eggs, and, last of all, the whites thoroughly mixed ; mould with and drop the mixture from a tea-spoon into a small pan of boiling butter or ghee, or very pure lard, and fry the boulettes for five minutes over a moderate fire ; they should be of a fine pale brown and very light colour.

#### ANOTHER WAY.

Mix mashed potatoes with the yolk of an egg, roll them into balls, flour them, or egg and bread-crumb them, and fry them in elean dripping or ghee, or brown them in a Dutch oven.

#### POTATO SNOW.

The potatoes must be free from spots, and the whitest you can pick out ; put them on in eold water ; when they begin to craek, strain the water from them, and put them into a clean stewpan by the side of the fire till they are quite dry and fall to pieces ; rub them through a wire sieve on the dish they are to be sent up in, and do not disturbe them afterwards.

#### POTATOES MASHED

Should be as nieely boiled as if for eating, perhaps a little more so, only eare mnst be taken that the water does not got into them ; remove the skin, and mash them with a small quantity of butter, cream, or milk ; put them into a

mould to give a nice form; turn them out, and brown with a salamander or in an oven; or they may be made into balls, covered with the yolks of eggs, and fried a nice brown.

#### POTATOES A LA MAITRE D'HOTEL.

Take cold boiled potatoes; cut them into rather thin slices of the fourth of an inch; put a lump of butter into a stewpan, and add a little flour, about a tea-spoonful for a middling-sized dish; when the flour has boiled a little while in the butter, add by degrees a cupful of broth or white consommé; when this has boiled up, put in the potatoes with chopped parsley, pepper, and salt; let the potatoes stew a few minutes; then take them from the fire, and let the boiling entirely cease; then add the yolk of an egg beat up with a little lemon-juice, and a table-spoonful of cold water; let it set over the fire, but mind it does not curdle, or that the potatoes break in the sauce.

#### PUREE DE POMME DE TERRE.

Boil some potatoes nicely, and mash the inside in a mortar, or rub through a sieve; moisten them with good broth, or thicken with butter and cream; put carefully over the fire and warm it. The purée should be thinner than mash; place fried sippets of bread round the dish, and the potatoes in the centre.

#### PUREE OF GREEN PEAS.

Take a pint and a half of fresh shelled green peas; put them into a stewpan, with two spoonfuls of butter and a dessert-spoonful of pounded sugar, half a handful of parsley and green onions, over a slow fire till they are thoroughly stewed; then pound the whole in a mortar, and rub through a cloth. Moisten the whole with consommé or white broth; leave it near the fire to simmer only, for if it should boil, the peas lose their green colour. When serving, add slices of bread cut like dice and nicely fried.

## GREEN PEAS—OR BELATER MUTTUR.

TO BOIL.

Green peas should be young, fresh-gathered, and cooked immediately they are shelled, for they soon lose both their colour and sweetness. Large and small peas cannot be boiled together, as the former will take more time than the latter; therefore, separate the large from the smaller ones, and boil them for a few minutes before adding the latter; set on a saucepan, with a sufficiency of water and a little salt; when it boils, put in your peas, skim it well; keep them boiling quick according to their age and size; when they are done enough, drain them on a sieve. It is usual to boil some mint with the peas; but if you wish to garnish the peas with mint, boil a few sprigs in a saucepan by themselves.

## FRENCH FASHION.

Take a quart of green peas; throw them into an earthen pan, with a table-spoonful of fresh butter and plenty of cold water; rub the peas with the butter till they stick together, then drain them, take them out of the water by handfuls, and throw them into a cullender, that neither water nor any kind of filth may remain. Next stew them over a moderate fire, with a bunch of parsley and green onions; when they have recovered their green colour, powder them over with a little flour; stir the peas before you moisten them with boiling water till they are entirely covered with it, which reduce quickly on a large fire. The moment you perceive there is no moisture or liquor remaining, dip a small lump of sugar into some water, that it may soon melt, and put it to the peas, to which add a very small quantity of salt. Green peas without taste are very insipid, although the persons who eat them are not sensible of there being any. Next take a spoonful of butter, which knead with one of flour; (mind that the peas are boiling when you put in the kneaded butter); thicken them with it, and remember that



when green peas are properly dressed there must be no sauce. It may be useful to remark that, if the peas are not very young and tender, they must be moistened with boiling water; but if they are young, fresh-gathered, and fresh-shelled, they do not require it.

## ANOTHER WAY,

And more simple process, is, after having washed your peas well, put them into a stewpan, with as much butter only as will stick to them, a couple of spoonsful of water, with a little chopped mint, pepper, salt, and sugar; cover the saucepan down, and let them stew gently from fifteen to twenty minutes; then add a small quantity of cream or butter mixed with arrowroot or flour, or two table-spoonsful of liaison; shake the saucepan well over the fire for a minute, and the peas are ready.

## ANOTHER WAY.

Take a quart of shelled peas, and mix them with two table-spoonsful of butter; lay upon them a large lettuce cut in slices, with half a dozen small onions only split, with a sprig or two of mint, a wine-glass of water, and set the saucepan covered close on the fire; when the lettuce falls to the bottom, shake the saucepan well until the peas are uppermost; add seasoning of pepper, salt, and a dessert-spoonful of sugar, and stew the peas until tender.

*Obs.*—The fire must not be very brisk. Green peas may be added with advantage to stews, ragouts, and to any vegetable soup.

## WITH BUTTERED EGGS.

Stew a pint of young green peas tender, with a table-spoonful of butter and a tea-spoonful of sugar, a little salt and chopped parsley; then beat up the yolks and whites of two eggs well together in a basin, and pour it over the peas; stir it very quickly, and immediately serve it up before the egg becomes hard.



## TO PRESERVE.

The peas should be fresh shelled. Put them into wide-mouthed glass bottles which have been carefully washed; put the bottles in a saucepan or boiler, with a little hay between them to prevent their coming in contact; fill up the kettle with cold water and heat it; when the water begins to boil, take off the saucepan directly; leave the bottles in the water until it is quite cold, for fear they should break by taking them out whilst the water is hot; cork down the bottles, and keep them in a dry and cold place.

## ANOTHER WAY.

Shell your finest peas; have ready a saucepan of boiling water, throw the peas in, and take the saucepan from the fire; let them remain two or three minutes in the water; drain them on a towel, and let them dry quickly; when quite dry, put them out in the sun, or in a very cool oven, and let them remain until quite hard. When required for use, soak them in warm water till tender, with a little butter and sugar.

## RADISHES—OR MULLER.

There are deep glasses made on purpose for sending these to table in water, mixed with cresses and other salad as an ornament. They should be picked and washed very nicely previous to sending to table.

## TO BOIL RADISHES AND TURNIPS.

These should be freshly drawn, young and white. Wash and trim them neatly, leaving on two or three of the small inner leaves of the top; boil them in plenty of salted water from twenty to thirty minutes; and as soon as they are tender send them to table well drained, with melted butter or white sauce. Common radishes, when

young, tied in bunches and boiled from eighteen to twenty-five minutes, then served on a toast like asparagus, are very good.

#### SALAD.

Have your salad herbs as fresh as possible; carefully wash and pick them; trim off all worm-eaten, cankered, and dry leaves; drain off all the water, or swing them in a clean napkin; when properly picked and cut, arrange them in the salad bowl; mix the sauce in a soup plate, but do not put it to the salad until required for use.

#### SCORZONERA IN PARMESAN.

Mix rasped Parmesan into butter melted in cream or gravy; when the vegetables are dressed, lay them in a dish; pour over the sauce, and sprinkle it with pounded cheese; put the dish into an oven, or brown it with a salamander.

#### SPINACH—OR PALUNG.

After having carefully picked and washed it four or five times in plenty of water, put it in boiling water with some salt in a large vessel where it may have plenty of room; the leaves that rise above the water must be pressed down. When the spinach is half done, take it off the fire; strain it and prepare some more boiling water and salt, in which it must be again boiled till sufficiently done. The moment it is so, put it into a cullender, and keep throwing cold water over it for some time; then make it into balls, and with your hands press out every drop of water it contains; afterwards chop it into almost a fine paste. Now put a lump of butter into a stewpan, and place the spinach upon the butter; let it dry gently over the fire. When the moisture has evaporated, dredge it with a little flour; then add a small quantity of good gravy, with seasoning of pepper and salt to your taste. Serve it with sippets fried in butter.

## WITH SUGAR.

Boil some good cream just before you put the spinach into the stewpan with the butter, as in the last receipt; when you have added the flour as directed, together with a little salt, put in the cream with some sugar and nutmeg; let it simmer for ten minutes, then serve it up on sippets, with a very small quantity of pounded lump sugar or sugar-candy strewed over it.

## SPINACH COLOURING.

First pick clean the leaves and boil; squeeze the juice from it by pressing through a towel; place the liquor in a small stewpan in a hot-water bath or in a jar, which set in a saucepan of water to boil. When the green has settled at the bottom, strain it through a silk sieve or fine muslin, and use it for whatever requires to be coloured green.

## PUREE OF TURNIPS—OR SHULGUM.

Cut your turnips (after having well cleaned and pared them) into slices; dress them over a very slow fire, with a little butter, and take care they do not get brown; stir the whole with a wooden spoon; and when quite soft, add a sufficient quantity of clear strong broth; dredge in a little flour, and stew the whole to a proper consistency, adding cream or white sauce if necessary.

## VEGETABLES, MASHED—OR SUBJEE KA BURTHA.

Mashed vegetables, such as turnips, carrots, beet-root, parsnips, and potatoes, are all to be well cooked in salt and water, refreshed, drained, and beat, and dried over the fire till they attain a proper consistency, and require to be seasoned with cream, butter, stock, eggs, or a proper mixture of any or all of them. Mixtures may be made of these vegetables in any proportion; and when they are wanted very rich, a large quantity of cream may be dried into them.

## CHAPTER X.

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### DEVILS, ZESTS, &c.

#### ANCHOVY.

THIS fish is very delicate, and of great utility in cooking. Be careful when you open a jar, to close it again tight, as the fish is soon spoilt, and rusts by the admission of air.

#### ANCHOVY BUTTER.

Wash from the pickle some of the fish ; bone and take off the heads, then pound them in a mortar with fresh butter till quite smooth, and rub through a sieve, if necessary. If to be kept, put into small pots, and cover over with clarified beef suet, or it gets soon rancid.

*Obs.*—It is sometimes made hot for devilling biseuits. By the addition of cayenne, flour of mustard, spice, &c., it will make anchovy toast.

#### ANCHOVY POWDER.

Clean some fish ; cut off their heads, and remove the bones ; pound them in a mortar, and rub them through a sieve ; then make into a paste, with dry flour ; roll into thin cakes, and dry in the sun or an oven ; pound into a fine powder, and put into a well-stoppered bottle. It will keep a long time.

*Obs.*—To this may be added cayenne pepper or citric acid, and will be found excellent sprinkled on bread and butter for a sandwich.

## SANDWICH.

Spread a little salad sauce on two sides of bread ; cut and wash some anchovies ; take out the bones, and put the fillets on one piece of the bread, which is to be covered with the other ; the pieces of anchovy should not touch, else the sandwich may be too salt.

## TOAST.

Procure a very warm hot-water plate—it cannot be too much so ; take a couple of eggs, broken separately, to see that they are fresh ; then put a spoonful of butter on the plate, and as it melts keep stirring the eggs into it ; add a little cayenne and as much anchovy essence as is deemed necessary for covering your toast, which should be nicely browned and buttered, or sprinkled with milk.

*Obs.*—This will be of the consistency of very thick cream if the plate is hot.

## ANOTHER WAY

Is merely to prepare buttered toast, and drop a little essence upon it,

## ALMONDS—OR BADAM.

Bleach four ounces of sweet almonds, and fry them in a stewpan with an ounce of fresh butter ; then drain them over a sieve ; strew over them some salt, cayenne pepper, and mace mixed together ; serve them up very hot.

## DEVILLED BISCUITS.

## WITH CHEESE.

Butter the biscuits on both sides, and pepper them well ; rub up some cheese with made mustard, and lay on one side ; sprinkle a little salt and cayenne over the top, and let them be grilled.

## PLAIN.

Simply toast the biscuit, and butter it while hot ; then sprinkle cayenne pepper over it, with a little salt.

*Obs.*—Cooks in this country warm the biscuits on a grid-iron, or else fry them in a little butter or ghee.

## ANOTHER WAY.

Bone and wash some anchovies ; pound them in a mortar with a little butter and cayenne pepper (should be rubbed through a sieve) ; spread on a warm toast or biscuit fried in butter.

*Obs.*—A little ragout powder ; finely-pounded mustard and salt, of each half an ounce ; all-spice, cayenne, ginger, and nutmeg, of each a quarter of an ounce ; black pepper and lemon-peel grated, half an ounce, pounded and well mixed together, may be added if a further zest is required.

## DEVILLED DUCK OR TEAL.

Get a good plateful of onions, a piece of green ginger, and six or eight chillies, according to the size ; reduce them to a pulp as for curry, then add two spoonsful of mustard, pepper, salt, cayenne, and chutney ; two table-spoonsful of catsup and half a bottle of claret ; cut up the duck or teal, and put it into the sauce, which must simmer for a long time, so as to get rid of the raw smell and taste of the masala.

*Obs.*—The duck must be previously roasted, or it will require double the quantity of sauce, twice as long to cook, and is never so good or so nice.

## LIVER—OR KULLEJEE.

Take the liver of a roasted or boiled turkey or fowl ; mash it smooth on a hot-water plate ; add a little butter, some mustard, salt and cayenne, with a tea-spoonful of anchovy sauce or mushroom catsup.



## LEGS OF POULTRY.

Score the legs of a roasted turkey, goose, or fowl; sprinkle them well with cayenne, black pepper, and salt; broil them well, and pour over the following sauce: take three spoonsful of gravy, one of butter rubbed in a little flour, one of lemon-juice, a glass of wine (port or white), a spoonful of mustard, some chilli vinegar, or two or three chopped green chillies, a spoonful of mushroom catsup and Harvey sauce; warm up, and serve in a boat.

*Obs.*—If very highly seasoned, it may be served without sauce.

## ANOTHER SEASONED SAUCE FOR GRILLS.

Take six or eight spoonsful of gravy; add a spoonful of butter rolled in flour or arrowroot, a spoonful of mushroom or walnut catsup, two spoonsful of lemon or lime-juice, one spoonful of made mustard and one of minced capers, a little chilli vinegar, some black pepper, with the rind of half a grated lime, and a tea-spoonful of essence of anchovies. Simmer this in a silver saucepan; pour a little over the grill, and serve the rest in a butter-boat.

## BALLACHONG.

Take one pound of dried prawns, and cleanse of all shell and dirt; cut and pound them as fine as possible; to which add of pounded dry chillies four tolaks, four ounces salt, two bundles or roots of garlic, four ounces of green ginger, cleaned and sliced very fine, one pint of tamarind juice or pulp; mix all these ingredients with at least half a pint of good ghee; then add, if you require it for immediate use, about half a pint of chopped onions, the peel of three limes, or an orange cut thin, and a few fresh lime leaves; put the whole into a frying-pan over the fire, with half a pound of butter; fry and keep stirring it, that it may not burn.

*Obs.*—This ballachong will keep a long time if bottled in its raw state without the onions, all the other ingredients

being well mixed, with an additional quantity of ghee if necessary; at all events, the top or the mouth of the bottles should be covered with the ghee.

## ANOTHER WAY.

Boil one hundred prawns; clean and take off the shells, then grind them on a curry-stone, with sufficient vinegar to keep the stone wet; take two ounces of green ginger, half an ounce of red chillies, half an ounce of garlic, and the thin-cut peel of four lemons; pound them separately, then take two ounces of salt and the juice of two lemons, mix all the ingredients with the prawns, cut four onions into rings, and fry them with sufficient butter to keep the prawns from burning; when the onions become soft, and the ballachong dry, take it out and let it cool. To be kept a long time, it must be put in jars with orange leaves on the top, and closed up with skins.

## ANOTHER WAY.

Take of prawns, about three pints, shell and chop them to pieces, rub them well with salt, and then mix them up with the following ingredients: red chillies one ounce turmeric pounded one ounce, coriander seed pounded two ounces, green ginger cut in pieces one ounce, green ginger pounded one ounce, garlic cut in pieces half an ounce, garlic pounded half an ounce, green chillies cut in pieces two ounces, eight small lemons cut in thin slices, with thirty lime leaves. The above-mentioned ingredients should be half-fried with seven large onions sliced, one quart of gingelly oil, tamarind pulp to taste, and then bottled. When wanted, as much should be taken out as required, and fully fried for use. The prawns used should be large, and about two pints when cleaned.

## CHEESE.

Rub smooth two or three slices of good fresh cheese that breaks smoothly under the knife; add a portion of butter equal to half the cheese, with cayenne, pepper and salt.

## TO STEW.

Melt in a silver or other saucepan a dessert-spoonful of butter with a tea-cupful of cream; mix with it a quarter of a pound of good cheese finely grated, beat it well together. put a slice of toasted bread into a dish, and pour the mixture over it; brown with a salamander.

## ANOTHER WAY.

Put two table-spoonful of grated cheese into a dish; beat up an egg, and strain it into four table-spoonful of cream; put a table-spoonful of butter into a small saucepan and let it melt, then stir in the other ingredients, and boil until well mixed; serve it hot with toast, or brown it in a patty-pan.

## TO POUND.

Take half a pound of good mellow cheese, cut into thin bits; add a table-spoonful of butter; rub it well in a mortar until it is quite smooth; add a little ground spice or essence, pepper and cayenne, with made mustard.

## TO TOAST.

Cut some single or double Gloucester cheese into thin slices; put it with a bit of butter into a cheese-toaster; place it before the fire till the cheese dissolves, stirring it now and then. Serve it on a slice of toasted bread, with the crust pared off. Eat with mustard, salt, and pepper.

## ANOTHER WAY.

Mix about four ounces of bread-crumbs with the well-beaten yolks of two eggs and a table-spoonful of cream; add

a large table-spoonful of butter, with four of grated or pounded cheese, a spoonful of mustard, and a little salt and pepper; put the whole into a saucepan over the fire, and stir it until it be well heated; then lay it thick upon small slices of toasted bread, and brown with a salamander or hot shovel. Serve quite hot.

## ANOTHER WAY.

Sliee some cheese; put it into a saucepan, with a little butter and milk; stir it over the fire until the cheese is dissolved; beat up an egg well, and add to it; place it upon toast or on a dish, and brown it before the fire or with a heated shovel.

## LOBSTER OR CRAB POTTED.

This must be made with a fine hen lobster when full of spawn. Boil thoroughly; when cold, pick out all the solid meat and pound it in a mortar. It is usual to add by degrees a very little finely-pounded mace, black or cayenne pepper, salt, and, while pounding, a little butter. When the whole is well mixed and beaten to the consistency of paste, press it down hard in a preserving pot; pour clarified beef suet or butter over it, and cover with wetted bladder.

## SALAD.

Take the meat out of the tail, claws, and body of a lobster or crab; cut it nicely and dish it (eggs or salad herbs may or may not be served with it); strew the spawn over, and cover or garnish with broken savoury jelly.

## ANOTHER WAY.

May be made by adding to salad sauce a small canister of hermetically-sealed lobsters, but then omit the salad oil, and substitute cream, otherwise it will be too thin. Salad may be added.

## IMITATION CRAB.

Take the white meat of a roast or boiled fowl, and mince it very fine with the liver, about six table-spoonsful in all, two table-spoonsful of pounded cheese, a couple of moderate-sized onions, four or five green chillies, chopped very small, and mix all well together; then add one spoonful of anchovy sauce, one of Harvey, and a large spoonful of mustard, the same of vinegar, two of mushroom catsup, some salt and black pepper, with three spoonsful of sweet oil; mix the whole.

*Obs.*—When green chillies are not to be had, red pepper must be substituted; it is an excellent relish with bread and butter just before the cloth is removed.

## IMITATION LOBSTER.

Take a portion of cold boiled fish, with a little roe if procurable; cut it up in small slices, with a small white onion chopped, a few green chillies, a spoonful of mustard, the yolk of a hard-boiled egg mashed, some salt and ground black pepper, with just a sufficiency of vinegar to moisten the whole; then add two or three table-spoonsful of cream or sweet oil; serve it garnished with any green salad.

*Obs.*—The egg may be omitted and a little anchovy sauce added.

## POTTED MEAT.

Any well-roasted or boiled meat, free from fat, skin, and gristle, will answer for potting; also fish, lobsters, prawns, and shrimps; spiced or salted meat is equally good, but if the latter is used, less salt is requisite. The meat must be cut and minced before it is put into the mortar; and if very dry, pound it well before you add any butter, marrow, or suet. If fish is used, it must be perfectly fresh and seasoned, as for white meats, with ground white pepper, mace, salt, and cayenne; if hare or other brown meat, a small quantity of salt and cloves with black pepper may be added; cover it



over with melted butter, marrow, or suet—the last is preferable. When properly prepared, it will keep many days.

#### HINTS FOR PREPARING SANDWICHES.

They should always be made fresh, otherwise they soon get dry. It is necessary that the bread be new, and, if required expressly for the purpose, made in a mould, that the crumb may be close and the crust rasped. It is essential also to cut the bread neatly with a sharp knife; if the bread is made round and long, the crust is left upon it and rasped. When you cut it, have one slice resting upright close against the other, that it may not dry, and be careful always to take the pieces of bread which fit one another precisely; open and insert whatever the sandwiches are to be composed of, and close them nicely together; they may also be cut thin and in squares, or as fancy directs. Place them one upon another to prevent their getting hard and dry; serve in a napkin, on a silver or china plate, and keep a cover over them until wanted.

*Obs.*—Whatever meat is used must be carefully trimmed from every bit of skin, gristle, sinew, &c. The materials for making sandwiches are cold and potted meats, fish, game, poultry, potted shrimps and prawns, potted cheese, ham and tongue, anchovy and herring paste, paste diavolo, sausages, bechamel, hard eggs, with pounded cheese and butter, olive force-meats, zest, mustard, pepper, salt and bread.

#### ANCHOVY SANDWICHES.

Cut very nice thin slices of bread crust, cover them with anchovy and butter; lay over another thin slice; press together, and cut them in squares.

#### OLIVE SANDWICHES.

Stone and pound some olives, either with olive oil or butter; if they have been simply pounded, butter the bread, and



spread them over it, or fry in olive oil some slices light, crisp, but not hard; spread the olives or lay them in patches.

#### MEAT FOR SANDWICHES.

One pound of undressed beef, tender and free from sinew; beat in a mortar with two eggs, a little salt, pepper, and nutmeg; put in a mould, and let it simmer one hour.

#### A COMMON SANDWICH.

A slice of ham, salt beef, or tongue laid neatly between two slices of bread and butter; mustard and chopped green chillies may be added.

#### SHRIMP SANDWICHES

May be made of either potted shrimps or butter. Butter the bread and arrange the shrimps; press together and cut them neatly. Oyster and lobster butter make elegant sandwiches, which may be made to every taste. Egg butter answers well with minced or pounded anchovies. Fish sandwiches are the lightest; sprinkle them lightly with anchovy essence.

#### WELSH GALLIMAUFRY.

Mix in a mortar any kind of cheese with butter, mustard, wine, and any flavoured vinegar; this makes excellent zests or sandwiches.

#### WELSH RABBIT.

Cut a slice of bread about half an inch thick; pare off the crust, and toast it on both sides, so as just to brown it without making it hard; cut a slice of good mellow cheese, a quarter of an inch thick, but not quite the size of the bread; pare off the rind, and lay it on the toasted bread in a cheese toaster; carefully watch it that it does not burn, and stir it to prevent a pellicle forming on the surface, or toast it with a salamander.

## ESSENCE OF HAM.

Pick off all the bits of meat from a ham bone; pound it, break the bone, and put both into a sancepan together, with nearly half a pint of water and a bunch of sweet herbs; simmer gently for some time, stirring it occasionally, then add a pint of good beef gravy and black pepper; continue to simmer it until it be well flavoured with the herbs; strain and keep it for improving rich gravies and sauces.

## CELERY ESSENCE.

Of brandy or proof spirit, two wine-glasses, or a quarter of a pint, celery seed bruised half an ounce: let it steep for a fortnight.

*Obs.*—A few drops will immediately flavour a pint of soup.

## OYSTER ESSENCE.

Take fine fresh oysters, wash the shells perfectly clean, open and wash them in their own liquor, skim them, pound them in a marble mortar; to a pint of oysters add a pint of sherry or other white wine; boil up, add an ounce of salt, two drachms of pounded mace, and one of cayenne; let it just boil up again, skim it, and rub through a sieve. When cold, bottle it and cork it tight.

*Obs.*—The salt and spices may be pounded with the oysters; this is an agreable addition to the flour of white sauce and made dishes: a little brandy in addition will keep it good for a considerable time longer.

## ESSENCE OF MUSHROOMS.

Sprinkle salt over the mushrooms, let them remain for three hours, then mash them; next day strain off the liquor, put this into a stewpan, and reduce to one-half.

*Obs.*—It will not keep long, having neither spice nor wine. Put in small bottles, and cork it tight.

## LEMON-PEEL

For immediate use may be prepared by rubbing the lemon with loaf-sugar till the whole of the yellow is taken up by the sugar ; scrape off the surface, press it hard down, cover it very close, and it will keep for some time.

Or, best oil of lemon one drachm, strong rectified spirit two ounces, introduced by degrees until the spirit completely mixes with the oil.

*Obs.*—It will be found a tolerably fair substitute for fresh lemon-peel.

## OMELETTE.

## PLAIN.

Break four eggs into a dish, with a little pepper or chopped green chillies, a small quantity of fine salt, with a tea-spoonful of milk or water, merely to dissolve it, beat the whole well in a froth, then put a table-spoonful of butter or ghee into a frying-pan ; when it is hot, throw the mixture into the pan, holding it a little distance from the fire ; keep shaking it to prevent its burning and sticking to the bottom of the pan ; it takes about five minutes to dress ; gather up one side with a knife, and roll it equally before you dish it.

*Obs.*—Chopped parsley, onions, minced ham, or kidneys may be added, and a variety given by grated hung beef, dried tongue, anchovy paste sauce, or chopped oysters.

## SWEET.

Beat up the eggs with a very little salt ; put them into the pan as last directed, and sprinkle finely-pounded sugar over while frying ; place the omelette on a dish ; cover it over with sugar, and brown it with a salamander ; trim the edges ; roll up neatly and serve.

## OMELETTE AUX ROGNONS.

Prepare your omelette as first directed ; mince up the kidney of a loin of veal or mutton that has been roasted, and

mix with the omelette; season well with salt, and fry it nicely.

*Obs.*—You may season it higher with a couple of chopped anchovies or some essence.

#### PETITES OMELETTES AU JAMBON.

Make some small omelettes of two eggs each; mince up some ham, and put in a spoonful to each before rolling.

*Obs.*—If the ham is salt, do not add any more.

#### OMELETTE SOUFFLE.

Break up six eggs, separating the whites from the yolks; beat up the former, and strain them; add to the yolks two table-spoonsful of dried pounded sugar, with a little lemon-juice or orange-flower water, and work them well together. Whip the whites into a froth, and mix them with the rest; put some butter or ghee into the frying-pan, add the omelette, taking care it does not burn; when made, sprinkle a little pounded sugar over it, and put into the oven to rise, or glaze it of a fine colour with a salamander.

#### BRIOCHES AU FROMAGE.

Make some brioche paste; have ready some Parmesan or Swiss cheese, which cut into small squares and throw into the paste while it is soft; bake it in an oven.

#### FONDEAU.

Thicken one-fourth of a pint of cream or milk with a little arrowroot to a moderate consistency; add four ounces of finely pounded cheese, and mix it all well together with the beaten yolks of two eggs, then beat the whites to a froth, and add them to the rest; line a mould with white paper, pour in the fondeau, and bake it in a fast oven, or divide it into small paper cases, and three-fourths fill them.

## FONDEAUS EN CAISSES.

Take four table-spoonsful of Swiss cheese, two of Parmesan, and a little cream cheese; pound these in a mortar, with a little pepper and salt; then mix in four eggs, one at a time, and fill small patty-pans or paper-cases with the mixture, and bake in an oven. They should have a nice brown appearance when served.

## RAMAKIN (INDIAN).

Take equal quantities of flour, butter, and pounded or grated cheese, with an egg to each spoonful of the other ingredients; mix all well together, and bake in moulds or cases as the last; serve with toast, made mustard, pepper, and salt.

## RAMAKIN.

Half a pound of cheese, half a pound of bread, four ounces of butter, three eggs beaten, a gill of cream, and a little salt; pound all well together, and put into paper cases; twelve or fifteen minutes will bake them.

## ANOTHER WAY.

Beat smooth three ounces of Parmesan or any other cheese in a mortar; mix in by degrees half a pint of cream, two ounces of butter, four yolks, and one white of egg; rub them together, and leave them mixed for some time; fill it into paper cases. They may be baked in a Dutch oven.

## A LA SEFTON.

Roll out rather thin from six to eight ounces of puff paste; handle it lightly; spread it out on the dresser, and sprinkle over it some rasped Parmesan cheese; then fold the paste in three, spread it again, and sprinkle more cheese over it; give what is called two turns and a half, and sprinkle it each time with the cheese; cut about eighteen ramakins with a plain round cutter; spread over again some rasped

Parmesan; put them into the oven, and bake for fifteen minutes, and serve very hot in a napkin.

#### MACARONI AND CHEESE, PLAIN.

Break four ounces of macaroni into lengths of about a couple of inches; wash it in water, and then boil it in white broth or milk with a little salt until tender; rub up in a mortar four ounces of dry double Gloucester or Cheddar cheese, and add to it the well-beaten yolks of two eggs, a couple of spoonsful of cream, with four of the broth the macaroni has been boiled in; butter a dish large enough to contain the whole, in which place the macaroni with the cheese custard poured over it, and bake in a quick oven.

#### ANOTHER WAY.

Boil the macaroni as last directed, and when tender drain it and lay it on a dish, placing butter and some grated cheese over it; continue this for two or three layers, and then cover the whole with cheese and butter, and bake it carefully; when the cheese has become soft, remove it from the oven and serve.

#### MARROW TOAST.

This should always be served quite hot; the marrow, after being spread on the toast, must be sprinkled with pepper and salt, or a little essence of anchovy.

#### MUSHROOMS DEVILLED.

Take fine dry mushrooms with red gills; peel off the outer skin, and see that they are perfectly free from sand or dirt; spread a little butter over the inside, and sprinkle plenty of black pounded pepper over them, with a little cayenne and salt; broil them on a gridiron over a clear fire.

*Obs.*—If the mushroom peels easily, you may almost be sure it is edible.



## CHAPTER XI.

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### PICKLES AND CHUTNEYS.

#### BAMBOO PICKLE—OR BANS KA ACHAR.

TAKE the young shoots just as they appear above the ground ; cut and slice them in lengths of half an inch ; sprinkle them with salt for a day or two, then put them with sliced ginger, some corns of black pepper, and a few cloves of garlic, into a bottle or jar ; fill up with vinegar, and set in the sun for a week. If desired to be hot, add green chillies or cayenne salt.

*Obs.*—The young shoots of bamboo form a principal ingredient in the Chinese preserve called Chow-chow.

#### TO PICKLE BEET—OR CHUKUNDA KA ACHAR.

Wash it perfectly clean ; do not cut off any of the root-fibres, or it will bleed, or rather lose its colour ; put it into a sufficiency of water to boil ; when the skin will come off, it is done enough ; take it out, and lay it upon a cloth to cool ; rub off the skin, cut it into thin slices and put in a jar, pouring over it cold vinegar prepared in the following manner :—Boil a quart of vinegar, with one ounce of whole black pepper, and the same quantity of dry ginger. Cover the jar closely with a good cork.

#### CABBAGE—OR COBBE.

Select good, firm, hard red cabbages ; cut into thin slices ; sprinkle plenty of salt over them, and put on a sieve or basket to drain for twelve hours ; then put into a jar or wide-

mouthed bottle and pour over them cold vinegar thus prepared : to a quart of good vinegar add two ounces of dry ginger merely broken, half an ounce of black pepper whole, with a quarter of an ounce of cloves, and a little mace ; boil these spices in the vinegar, and let it cool.

*Obs.*—A good hard white cabbage will answer as well as red ; and if you wish to colour it, take a beet-root that has been parboiled only ; cut it into slices and boil in the vinegar.

There is no occasion to place this pickle in the sun, as it will only make the cabbage soft.

#### CAULIFLOWER—OR PHOOL COBEE.

Cut your heads of cauliflowers into moderately-sized sprigs ; sprinkle it well with salt, and prepare the same as for pickled cabbage.

#### TO PICKLE GHERKINS—OR CHOTA KHEERAI.

Pour boiling strong salt pickle upon them, and leave them till next day ; wash out the jars with vinegar, and drain and wipe every gherkin separately ; pack them into the jars, and boil some good vinegar with mace, whole pepper, horse-radish, mustard, and salt ; pour it boiling over them and cover ; let them stand till next day. If they are not sufficiently green, boil the vinegar again within the fortnight, and put them up.

#### COCOA-NUT CABBAGE PICKLE—OR NARIAL KOHN.

The cabbage of the cocoa-nut tree, or the head sprout, when it can be procured, may be cut into slices, and pickled exactly as you would cabbage. The whole is perfectly white, and resembles a fresh almond in taste.

#### GREEN GINGER PICKLE—OR KUTCHA UDRUCK KA ACHAR.

Clean and slice any quantity of green ginger ; sprinkle it with salt ; let it remain a few hours, then put into a jar or bottle, and pour boiling vinegar over it ; cork it up when cool.

## LEMON PICKLE—OR LIMBOO KA ACHAR.

Take twenty-five lemons or limes ; cut them in two parts crossways ; squeeze the juice into a basin, and mix with it two ounces of white salt ; then put it into a bottle, and cork it tight. Sprinkle over the lemon or lime peel about two ounces of pounded salt, and let it remain six hours ; then dry in the sun, till hard enough, for three or four days. Take two ounces of mustard seeds cleansed of all the husks, four ounces of green ginger well dressed and cut into thin slices, with four ounces of green chillies ; put one bottle of good vinegar in a saucepan, and mix with it one ounce of ground turmeric ; boil these about a quarter of an hour over a slow fire ; after it is boiled, mix the lemon-juice, and strain it in a basin, then add to it all the above articles ; mix well together, and put in a pickle bottle ; cork it well ; keep it in the sun three or four days. If the vinegar is found not to be sufficient, add a little more to it, and let it remain a fortnight, when it will be ready for use.

## LIME PICKLE (NATIVE).

Roll the lemons or limes with the hand well upon a stone or board, and throw them in some water ; then put them in an earthen vessel, and sprinkle over with fine salt ; let them remain for two or three days, turning them occasionally ; when the lemons have become soft, expose them to the sun on a cloth ; after they appear ripe, steep them either in vinegar or lemon-juice.

## ANOTHER WAY.

Take fifty ripe limes ; split them into four parts, half-way down, and sprinkle them well with salt ; let them remain for twenty-four hours, turning them two or three times ; then place them in a stone jar, with sliced green ginger (four ounces), some pounded chillies, and ground mustard seed ; grind up one ounce of turmeric, with two table-spoonsful of

oil, which mix with a sufficient quantity of vinegar to cover the limes; close the vessel tightly down, and place in the sun for a few days.

*Obs.*—Oil may be used instead of vinegar, or they may be pickled in lime-juice first boiled, with the turmeric added afterwards.

#### MANGO PICKLE IN OIL.

Divide the mangoes into four parts, rather more than half-way down, leaving the bottoms whole; scoop out the kernel; stuff the space in each mango as full as it will admit of with mustard seed, cayenne pepper, sliced ginger, sliced garlic, and grated horse-radish; bind each mango with thread; put them into a quantity of oil sufficient to immerse the whole.

*Manner of preparing the mustard seed, &c., &c.*—For fifty mangoes use five seers of mustard seed; husk it; steep it in water for twenty-four hours, removing the water twice or thrice during the time; dry it afterwards for two days; reduce it into coarse powder; mix with it the ginger, garlic, cayenne pepper, and grated horse-radish; make the whole into a paste with vinegar, stuff the mangoes with it; reserve a fourth part of the mustard powder to mix with the oil into which the mangoes are to be immersed. The garlic, ginger, and horse-radish are to be steeped in water, and allowed to dry for a day previous to being used.

#### ANOTHER WAY.

Take one hundred unripe green mangoes, slitting them lengthways partly through the stone, so as to be able to remove all the kernel; sprinkle them well over with salt, putting some inside, and lay them in the sun for a few hours daily; keep them in salt three or four days, then prepare the following ingredients: turmeric, green ginger, mustard

seed, and garlie, as directed for pickling, with the exception of the turmeric, which is not to be boiled, but ground and mixed with sweet oil sufficient to cover the mangoes; the oil generally used is gingelly, or mustard seed oil.

#### MANGO PICKLE.

Take one hundred fine unripe mangoes; peel and partly divide them through the shell, so as to remove the kernel from the inside; sprinkle them well with salt, and let them lie in a large tub or other vessel for twenty-four hours. In the meantime, take two bottles of vinegar and four ounces of ground turmeric; boil this about a quarter of an hour over a slow fire, then remove. Have ready one seer of dry chillies, one seer of green ginger cut and sliced, and one pound of mustard seed cleaned of all husk, with four ounces of garlic; mix these ingredients with the mangoes and stuff some inside, then pour the vinegar and turmeric over the whole. Should the vinegar not be sufficient to cover the mangoes, more must be added to fill up the jar or cask.

#### ANOTHER WAY.

Peel the mangoes, and divide them into halves, clearing them of their stones; sprinkle them well with salt, and put them in the sun for three or four days, after which wipe them well with a cloth, then stuff them with some garlic and green ginger sliced, also some garlic, mustard seed, and chillies; tie them up with thread; preserve either in vinegar or oil, and keep in a closed vessel in the sun for some days.

#### DRIED MANGOES.

Take unripe green mangoes, peel and cut into slices, sprinkle them over with salt, and put in the sun to dry: when prepared, make them into balls or rolls of a moderate size, and hang them in a dry place for use.



## ANOTHER WAY.

Take green mangoes, peel and cut into thin slices, boil with a small quantity of water until quite smooth, then spread the pulp on a clean cloth, and put out in the sun to dry; when required for use, all that is necessary is to cut off a piece and soak it in a little water. The pulp in this way may be used for mango phool.

## MUSHROOMS.

Put the smallest that can be got into spring-water, and rub them with a piece of new flannel dipped in salt; throw them into cold water as they are cleaned, which will make them keep their colour; next put them into a saucepan with a handful of salt; cover close, and set them over the fire for four or five minutes, or till the heat draws the liquor from them. Next lay them betwixt two dry cloths till they are cold; put them into glass bottles, and fill up with distilled vinegar, a blade of mace and a tea-spoonful of sweet oil in each bottle; cork up close, and set in a dry cool place. As a substitute for distilled vinegar, use white wine vinegar.

## NASTURTIUM SEEDS, TO PICKLE.

Sprinkle them with salt, and let them lie for a day or two; dry them and put into a jar; boil some mace with vinegar and ginger, and pour the liquor boiling hot upon them; cover close, and put them in the sun for two or three days.

*Obs.*—The leaves are used as salad.

## ONION PICKLE.

Take any quantity of small white onions, lay them on a sieve or basket, and sprinkle them well with salt; let them remain for twenty-four hours to drain; put them into wide-mouthed bottles, with a few slices of green ginger and a blade or two of mace; fill up with good vinegar, and if



you desire to impart a warm flavour, add either green chillies or chilli vinegar. They may or may not be put out in the sun for a day or two.

#### ACID OF LEMON, ARTIFICIAL.

Take pyroligneous acid one pint, three tea-spoonsful of pounded sugar, which dissolve in the acid, and add thirty drops of quintessence of lemon peel.

*Obs.*—The vinegar may be flavoured by infusing lime-peel in it.

#### CORATCH.

Mushroom catsup, a pint and a half; walnut catsup, four ounces; soy and chilli vinegar, of each one ounce; essence of anchovy, a tea-spoonful.

#### INDIAN CORATCH, OR CHILLI RUSK,

Is made by pounding, with salt, ripe capsicums that have been a little roasted; add as much water as will make any quantity of the former you please into a liquid the thickness of milk; rub the whole through a cloth, and reject the residue of capsicums.

*Obs.*—A little wine added makes it keep a long time; a few drops impart a peculiar relish to soup or stews.

#### CAYENNE PEPPER

Is made by pounding perfectly ripe and dry bird's-eye chillies or capsicums; it should be sifted and kept in a well-corked bottle to exclude damp.

#### ESSENCE.

Put half an ounce of the above powder into half a pint of wine or brandy; let it steep for a fortnight, and pour it off clear.

#### CAYENNE SALT.

Take two ounces of finely-powdered dried bird's-eye chillies or capsicums, and pound them well in a mortar with

two table-spoonsful of clean salt; add a glass of white wine and two of water; put it into a corked bottle, and place in the sun for a week or more; then strain the whole through a piece of fine muslin; pour the liquor into a plate, and evaporate it either by a stove or in the sun: you will then have soluble crystals of cayenne and salt, a much finer article than the cayenne powder.

## PEPPER.

## BLACK.

Black pepper is the fruit of a creeping plant indigenous to India; the berries are gathered before they are ripe, and are dried in the sun, when they become black and corrugated on the surface.

## WHITE

Is the fruit of the same plant gathered after it is fully ripe, and freed of its external coats by maceration in water; it is smooth on the surface, and less pungent than the black pepper.

## BASIL VINEGAR.

Fill a wide-mouthed bottle with the leaves of fresh green basil, and cover them with vinegar; stop the bottle well, and put out in the sun for eight or ten days, shaking it occasionally; strain and decant it.

*Obs.*—This is a very agreeable addition to mock turtle soups and sauces, and to the mixture usually made for salads. Green mint, chervil, and Burnet are all made in the same way.

## CAMP VINEGAR.

Cayenne pepper a tea-spoonful, a pint of vinegar, soy two table-spoonsful, walnut catsup four spoonsful, six anchovies chopped fine, and a clove of garlic; steep all for a fortnight in the sun, shaking the bottles occasionally; strain through a tamis, and put into very small bottles, corked as tight as possible.

## CUCUMBER VINEGAR.

Take ripe cucumbers ; cut them in slices, and lay them on a sieve or bamboo basket in the sun, and sprinkle them well with salt ; when the water is all drained off, add an equal quantity by weight of white wine vinegar and some corns of pepper ; let it boil for a quarter of an hour, and bottle when cool.

## ANOTHER WAY.

Pare eight or ten cucumbers ; cut them into thin slices ; add a clove of garlic, a spoonful of white pepper coarsely ground, and a spoonful of salt ; put them into a jar that can be well closed, or other vessel, and pour over them a bottle of vinegar, and let it stand ten or twelve days ; then strain and bottle ; put a little whole pepper into the mouth of each bottle, and cork tightly.

*Obs.*—It has the same flavour as Burnet vinegar.

## CRETTES.

They are an excellent digestive, and form an ornamental small salad for the table.

## CRESS VINEGAR.

Dry and pound one ounce of the seed, such as is sown in gardens ; pour upon it a quart of vinegar, and let it steep in the sun ten or twelve days, shaking it occasionally.

*Obs.*—This is strongly flavoured with the cress, and is useful for salads and cold meat.

## CAYENNE OR CHILLI VINEGAR, RED OR GREEN.

Fill a stoppered bottle with as many ripe or green chillies as it will hold ; cover them with vinegar for a fortnight or more, and then strain it.

## GARLIC VINEGAR.

Peel and chop two ounces of garlic ; pour on it a quart of white wine vinegar ; stop the jar close, and let it steep ten

days, shaking it well every day; then pour off the liquor into small bottles.

*Obs.*—"Be careful not to use too much of this; a few drops of it will give a pint of gravy a sufficient smack of the garlic, the flavour of which, when slight and well blended, is one of the finest we have; when used in excess, it is the most offensive. The best way to use garlic is to send up some of this vinegar in a cruet, and let the company flavour their own sauce as they like."—*Remarks by Kitchener.*

#### TARRAGON VINEGAR.

Pick the leaves off the stalks, and dry them a little before the fire or sun; fill a wide-mouthed bottle with them, and cover with the best vinegar; set in the sun for a fortnight, and strain through a flannel bag; put into small bottles, and cork them carefully.

#### VINEGAR.

To each quart of water put a pound of coarse brown sugar; boil them together, taking off the scum; when that ceases to rise, pour off the liquid into a suitable vessel; when it is nearly cool, add sufficient toddy to make it rise; in twenty-four hours, pour the whole into a barrel, and expose it to the sun for three months; the barrel must not be bunged up, but place a tile or anything else fit for the purpose over the bung to exclude dust and insects; when it is clear and ready for use, bottle it carefully. The longer it is kept in bottles, the better it will be.

#### TODDY VINEGAR

Is made by exposing to the sun in a similar manner the sweet juice drawn from the tree of the cocoa-nut, and the palmyra, or Scindce palm.

#### WHITE VINEGAR.

Dissolve three quarters of a pound of honey in rain or distilled water; put it into a seven-gallon cask, with a quart

of white spirit ; shake it well ; then fill up the cask with rain water, and put it out in the sun to stand, where it cannot be shaken ; let it remain five months, and the vinegar will be made. Drain it off by piercing the lower part of the cask, and let it run until the concretion which is formed at the top, and is termed “ mother of vinegar,” begins to appear. You may then commence the process again without cleaning the cask, as the remaining sediment hastens the acetic fermentation, which will be complete in a shorter time than the first.

## CHUTNEYS.

### BRINJAL.

#### PLAIN.

Take four small brinjals ; roast them, and take off their skins and seeds ; fry a table-spoonful of dhal, with three or four dry chillies in a little ghee, adding a sufficient quantity of salt ; mash and mix the whole together.

#### SOUR.

Prepare the brinjals as in the last receipt, and then add a table-spoonful of ripe tamarind pulp, with six red dry chillies, a tea-spoonful of mustard, and the same of cummin seed that has been fried in ghee ; ground together with two or three leaves of the currypak, and a grain or two of assafoetida.

*Obs.*—The two latter ingredients may be left out.

### CASHMERE.

Dissolve one seer of goor in vinegar, one seer of green ginger sliced, one seer of garlie, twelve chittacks of raisins, four chittacks of chillies, and half a seer of mustard seed ; all to be pounded and mixed with five seers of vinegar ; put into a large jar, and keep it out in the sun for a fortnight.

## WITH EGGS.

Roast four or five large brinjals in hot ashes; take out the inside; mash it well, and mix with it green chillies and green ginger sliced, a little salt, and lime-juice; then chop up the yolks of hard-boiled eggs, and strew over it.

## DRIED MANGO.

Take eight ounces of dried mangoes, four ounces of raisins, four ounces of goor, four ounces of green ginger, one ounce of garlie after clearing; dissolve the goor in a little vinegar; pound the other ingredients, and mix them one by one; if not sufficiently moist, add more vinegar.

## GREEN PLANTAIN.

Roast four green plantains, and peel off their skins; grind up a spoonful of dhall, four dry red chillies, and fry in a little ghee; then grind the whole together, adding a little salt.

*Obs.*—One tea-spoonful of tamarind pulp, or the juice of a lime may be added, or a little vinegar.

## RED TAMARIND.

Red tamarind eight pounds, fresh dry mangoes one pound, tomatas one pound, dry chillies half a pound, green ginger one pound, plums one pound, garlie four ounces, mint two ounces, butter a pound and a half, vinegar one bottle; these articles are to be well ground, then to be mixed with the vinegar, and fried in the butter.

*Obs.*—The tomatas may be left out.

## ANOTHER WAY.

Take half a seer of red tamarind well cleaned from the husks and seed, a quarter of a seer of salt, a quarter of a seer of raisins, a quarter of a seer of sugar, three chittacks of chillies, red and dried, one chittack of garlie, a



quarter of a seer of green ginger ; the whole must be well ground and mixed with vinegar (without any water) to the consistency of a thin paste.

#### RIPE TOMATA.

Take one or more large ripe tomatas ; strip off the skins ; then divide and remove the seeds and juice ; to the pulp that remains add a little salt, as much chopped onion, cut very fine, as is equal to about one-half the tomata pulp, a table-spoonful of vinegar, a little celery cut very fine, and one or more green chillies, according to taste ; if you desire to make this chutney into a salad, add a table-spoonful of thick cream.

*Obs.*—Potatoes mashed, mint or kootmere pounded, minced apple, pumplenose,—in fact, almost any vegetable,—may be made into a chutney by adding chillies, onions, green ginger, garlic, lemon-juice, or vinegar.

#### TAMARIND AND GREEN GINGER.

Take two ounces of green ginger ; scrape off all the rind ; add two tolahs weight of good tamarind pulp ; pound both together, or grind on a stone ; then add one masha of salt, half a masha of pounded chillies, and one tolah of mustard seed which has been roasted in a little ghee ; mix all well together.

#### TOMATA OR LOVE-APPLE WITH TAMARIND.

Take a pound of ripe tomatas, one pound of tamarind, four ounces of dry ginger, two ounces of red chillies pounded, four ounces of raisins, one ounce of garlic, four ounces of sugar, one ounce of salt, and half a bottle of vinegar ; mix the tamarind with the vinegar ; give them a good boil, and strain ; prepare the tomata pulp, raisins, garlic, and ginger pounded ; mix all well together, and keep in small bottles in a cool place.

## TILL SEED.

Take a table-spoonful of the seed, parch it over the fire, then pound and add the following ingredients: one elove of garlie, half a moderate-sized onion, a few leaves of kootmere, two or three green ehillies, a little salt and tamarind-juice; pound the whole together, or rub on a stone, as curry-stuff is prepared.

## MANGO CHUTNEY.

## SWEET.

Green mangoes, peeled and minced fine, half a seer; green ginger, peeled and mineed fine, two ouncees; garlie, three ouncees; dried chillies, ground and mixed with vinegar, suffieient to moisten it well, eight ouncees; sugar and salt, eight ouncees of each. Mix all well together; put it into a jar or bottle; cork elose; keep out in the sun for a fortnight, and stir it oecasionally.

*Obs.*—Ten good-sized mangoes, when peeled and sliced, are equal in weight, or nearly so, to an English pound.

## SWEET GREEN.

Take thirty green mangoes, peel, cut into thin slices, and mince tolerably fine; boil in a bottle of vinegar a seer of sugar, with eight ounces of salt, then take four ouncees of garlie, one seer of stoned raisins, half a seer of green ginger, and one pound of dried ehillies well ground; chop up all these ingredients very fine, and mix together with the mangoes; then add the boiled with another bottle of fresh vinegar; put the whole in a jar well corked, and place in the sun for a few days.

## ANOTHER WAY.

Peel a mango that is just beginning to ripen, and chop it up into as small pieeces as possible, with onion, green ehillies, a little green ginger, salt, and sugar, adding a spoonful of vinegar and one of cream.

## MANGO SAUCE.

Green mangoes, salt, sugar, and raisins, each four elittacks, or one pound ; red ehillies and garlic, two ehittaeks ; green ginger, three ehittaeks ; vinegar, three quarts ; lime-juice, one pint. Pound the first ingredients well ; then add the other two ; mix and expose them to the sun for a month ; then strain all through a piece of cloth, gently pressing the liquid ; the remainder is an exeellent ehutney.

*Obs.*—If the ingredients, after they are prepared, be exposed to the sun for two or three days, they keep better.

## PLAIN DINNER CHUTNEY.

Peel a green mango of a moderate size, then chop up the fruit into as small pieees as possible ; add an onion, with two or three green chillies ent fine, and a tea-spoonful of salt ; mix the whole well together. Vinegar may be added to this, but it is hardly neessary.

## COLONEL SKINNER'S CHUTNEY.

Amchoor, or dried mangoes, twelve ounces ; garlie, four ounces ; jaggery, ginger, salt, and raisins stoned, of each eight ounces ; dried chillies, two ounces ; vinegar, two bottles and a half ; the whole to be well ground down together ; put in a well-closed jar, and keep out in the sun for a fortnight, when it will be fit for use.

## DELHI CHUTNEY.

Takesixty green mangoes ; peel and ent into thin sliees, and boil in a bottle of vinegar until quite smooth ; boil in another bottle of vinegar half a seer of goor and half a seer of salt ; mix this all well together ; then take half a seer of munstard seed, clean and pounded, half a seer of garlie chopped and pounded, one seer of raisins stoned, ent very small and fine, with one seer of green ginger, and one seer of dry ehillies, also pounded ; mix the whole well together ; then add four bottles of vinegar, and put the mixture out in

the sun for several days, occasionally stirring it up ; this may be used as soon as made, but is better for keeping. It may be converted into a sauce by having the whole of the ingredients well pounded before mixing ; and after the chutney is made, rub it through a sieve or coarse cloth, adding vinegar to reduce it to a proper consistency.

#### TAMARIND CHUTNEY (GREEN).

Take about half-a-dozen of fine green tamarind fruit ; clean off the outer skin, and remove the seeds ; then rub the fruit on a stone, or pound in a mortar, with a little salt ; add a small quantity of mustard seed, and four or five red chillies that have been fried in ghee and powdered ; mix the whole together ; to this may be added a small onion or a clove of garlic.

#### TAMARIND, TO SALT.

Pulp the large fruit, and mix half an ounce of sugar to an ounce of salt ; pound them well together, and use an ounce to every pound of fruit ; if the fruit is liquid, it ought to be dried over the fire ; mix the salt powder in the fruit ; put the fruit in pots, and cover it close. If it is dry it will keep for years.

#### TAMARIND CHUTNEY.

Take half a seer of red tamarind, well cleaned salt, kishmis, sugar, and green ginger, a quarter seer of each, three chittacks of red and dried chillies, and one chittack of garlic ; the whole must be well ground and mixed with vinegar without any water.

*Obs.*—Mango chutney is made with the same ingredients and equal proportions, the only difference is that the mangoes, kishmis, green ginger, and garlic are to be finely chopped, and the dried chillies well pounded or ground with vinegar.

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## CHAPTER XII.

## PASTRY.

A FEW observations on this head are first necessary before giving the receipts, for it must be admitted that few cooks in this country, or servants who have the management of the viands put on the table, understand properly the difference between the pastry for a fruit tart, and a crust for a meat pie, and of which there is nothing more relishing than when both are properly made. A little attention and practice alone are necessary to attain the art of making good pastry; but the best efforts will be unsuccessful when the knowledge of regulating the heat of the oven is wanting. Good pastry is often spoilt when the oven is improperly heated, and inferior pastry improved if at its proper temperature.

The heat of the Indian portable oven is easier regulated than that of the brick or clay ones, which are fixtures, as fire can be applied both above and below, increasing or diminishing the heat at pleasure. Light paste requires a moderate heat; for if too great, it will be burnt and not rise; and again if too slow, it will be soddened, colorless, and fallen. Raised pies require a quick oven to prevent the crust from falling.

When pies, cakes, or tarts are to be glazed and returned to the oven, a small degree of heat alone is necessary to harden them, though sometimes paste is glazed before being put in the oven, when the following are the ingredients used:—Plain water, sugar, and water, yolk and white of egg beaten with water, beaten white of egg and sugar sifted, or



butter and yolk of egg. A glazing brush is the most proper for applying these materials; but feathers, if clean, will be a tolerable substitute, though they do not distribute the glaze so equally.

To make paste well, your materials should all be fresh and good, the coolest place in the house selected, and the flour dry and cleanly sifted. A marble slab, slate, or smoothly-polished stone, is the best for making it upon; but where these are wanting, the bottom of a large dish turned upwards answers. Next is the board kept on purpose, or the table which must be perfectly clean and dry, as must be the rolling-pin. To raise a crust nicely, a light hand is required, and it should be touched as little as possible. The directions for rolling, mixing, spreading the butter and flour over it, must be carefully attended to; salt added in the proportion of a tea-spoonful to a pound of flour, and butter dissolved in any fluid that may be used in the making; but if for fine crusts, add also about a dessert-spoonful of sifted sugar. Pastry is best made with butter; yet for household purposes sweet clarified dripping and lard may be substituted to diminish the expense.

#### LARD, TO PURIFY.

Melt it in a warm bath, by placing it in a jar in a boiler of water; then turn it into boiling water, and beat it up well so as to clean it of all impurities; let it cool, and remove the lard from the surface; melt it again in the warm bath, and let it stand a short time to settle, when pour it off into any vessel for use or keeping.

#### SUET—OR CHURBEE—TO CLARIFY.

Cut the suet into slices, and pick out all the veins and skin; put it into a saucepan well tinned, or a jar; if the former, melt it slowly over the fire, or put the jar in an oven or boiler of water; when melted, pour it into any clean vessel.



## TO CLARIFY DRIPPING.

Set it on the fire in a clean pan ; and when melted and just going to boil, take it off, and pour it into another pan, half filled with boiling-hot water ; stir the two very well together, with a broad wooden spoon, and then remove the pan into a cool place till the next day, when the clarified dripping will be found floating on the surface of the water.

## BEEF SUET FOR PUFF PASTE.

Where butter is not immediately to be obtained for paste, clean as much beef suet from all shreds, chop it up fine, and pound it in a mortar, with as much sweet oil as will reduce it to the consistency of butter.

## COMMON PASTE.

Take one pound of flour, four ounces of butter or clarified dripping ; mix half the flour with the butter or dripping ; mix the remainder into a paste with milk ; roll it out, and spread the other half on it at three times rolling.

## FINE TART PASTE.

Mix half a pound of sifted sugar, with half a pound of fine flour, adding half a wine-glass of boiling cream or milk ; rub two table-spoonsful of butter into it ; roll it very thin ; and when made into tarts, brush it over with the white of an egg.

## LIGHT PASTE.

Beat the white of an egg into a strong froth ; mix with it as much water as will make three quarters of a pound of flour into a stiff paste ; roll it out, and spread four ounces of butter upon it at three times rolling, and no more.

## SHORT CRUST.

Mix two table-spoonsful of sifted sugar, with a pound of flour ; rub into it three ounces of butter ; beat the yolks of

two eggs, with a sufficient quantity of cream or milk to make the flour into a paste ; roll it out thin, and bake in a moderate oven.

#### PUFF PASTE.

Take half a pound of fine flour ; rub into it four table-spoonsful of butter, and mix with it sufficient pure water to make it into a paste ; roll it out, and lay on it two more spoonsful of butter ; fold it up, and roll it again with the same quantity ; strew over it a little flour, and roll it once more, and set it by in a cool place for about an hour.

#### PASTE FOR STRINGING OVER TARTLETS.

Mix a quarter of a pound of flour, with a table-spoonful of butter and a little cold water ; rub it well on the board until it begins to string under your hand ; cut it into small pieces ; roll it out, and draw it into fine strings ; lay them across your tartlets, and bake them immediately.

#### PASTE FOR A LARGE PIE OR PASTY.

Put to three and a half pounds of flour, four eggs, two pounds of butter, and half a pound of shred suet, beaten up and dissolved to the consistency of lard in boiling water, with as much of the liquor as will make it a good light crust ; work it up well, and roll it out.

#### FOR TARTS.

Put an ounce of loaf sugar, beat and sifted, to one pound of fine flour ; make it into a stiff paste, with a gill of boiling cream and three ounces of butter ; work it well, and roll it very thin.

#### FOR TARTLETS.

Mix a pound of flour, with six ounces of butter, four ounces of sugar, two ounces of almond paste, and six yolks of eggs ; make it with rose or orange-flower water ; beat

and make it very smooth ; cover small tart-pans, and cut out flat or raised covers ; if raised, they may be baked on tart-pans turned up ; these covers ought to be very open ; do not fill them till wanted, or put them into the oven with any cream or custard ; fill with all kinds of frangipanes, fried creams, &c.

#### CONFECTIONERS' PASTE.

Take three quarters of a pound of fine flour ; lay it on your paste-board ; make a hole in the centre, in which put half a pound of sifted sugar, with six eggs, and work it up into a stiff paste, when it will be ready for use.

*Obs.*—If too stiff, add more egg ; or too soft, more flour.

#### FOR STANDING PIE.

Mix half a pound of lard in a pint of water, and let it boil ; have ready three pounds of dried flour ; lay a little aside to make up the paste ; mix in the water with a spoon ; work it stiff ; continue working it till quite smooth. Lay aside a piece for the cover ; roll it out of a proper thickness, and mould it by putting the right hand in the centre, and begin moulding with the left hand, keeping the outside in the proper shape. The meats which are savory for these pies ought to be ready cooked before the paste is made, and may be seasoned with salt, pepper, and onions to any height. No juice of any kind ought to be put into them ; butter, rasped bacon, and savory jelly are the only admissible sauces. Fill, cover, wet the edges ; close them neatly, and put them into a quick oven. There is little or no difficulty in making pies after a knowledge of making paste is obtained.

#### PASTE FOR BOILED PUDDINGS.

Pick and chop very fine half a pound of beef suet ; add to it one pound and a quarter of flour and a little salt ; mix it with half a pint of milk or water, and beat it well with the rolling-pin to incorporate the suet with the flour.

## FOR MEAT OR SAVORY PIES.

Sift two pounds of fine flour to one and a half of good salt butter; break it into small pieces, and wash it well in cold water; rub gently together the butter and flour, and mix it up with the yolks of three eggs beaten together with a spoon, and nearly a pint of spring water; roll it out, and double it in folds three times, and it is ready.

## EXCELLENT SHORT CRUST.

Take one pound of flour and twelve ounces of butter; rub them together, and mix into a stiff paste, with as little water as possible; beat it well, and roll it thin; bake in a moderate oven.

## A GOOD PASTE FOR PATTIES.

Mix the quantity of roloug you require with water; then strew some flour on the table, and work the paste well; roll it out very thin, and put the butter all over it; roll it up with your hands, and then with the pin, and cut it out the size of your patties.

## CHEESE-CAKE PASTE.

Rub equal quantities of flour and butter together, with a little pounded and sifted sugar; make it into a paste with warm milk; roll it out, and line the pans with it.

## CRISP PASTE.

Rub a quarter of a pound of butter into a pound of flour and two table-spoonsful of pounded sugar, and the well beaten yolks of two or three eggs; work it well with a spoon, and roll it out very thin, turning it as little as possible with the hands; jst before putting it into a quick oven, brush it over with the white of an egg well beaten, and strew over the tart finely-sifted sugar.

*Obs.*—This crust may be used for any fruit tarts.

## MACARONI PASTE.

Take as much of the best wheaten flour as will be necessary, with one egg and two table-spoonsful of water, to make it a very stiff paste. The flour must be placed on the table in a heap, a hole must be made in the centre at the top, the egg broken in it, and the water poured in upon the egg; the whole then must be worked and kneaded until the paste is as stiff as it can possibly be made; and to bring it into this state requires much strength of working and patience. Then cut the paste into pieces of a convenient size for working; each piece being well worked, strew flour over the table; and roll out one piece at a time as thin as a sheet of paper, if possible, and then cut into strips like narrow ribbons, which may be preserved in this form, about six inches in length, or the strips may be cut into squares of the same length as the width of the ribbon; these latter are better for using with broth or soup.

## SCOTCH SHORT BREAD.

One pound of rolong well dried; mix with a quarter of a pound of pounded sugar-candy, two ounces of carraway seeds, one ounce of sliced candied orange or citron peel, made into a stiff paste, with half a pound of melted butter; roll it in thin slices; then strew it with one ounce of blanched almonds cut up, but not small, and pass the rolling-pin gently over them; cut them into curious shapes, and bake them in a quick oven.

## MOCK TURTLE PIE.

Prepare a calf's head as for mock turtle, or reserve a portion when making the soup; and if not sufficient, add a couple of calf's feet, or four sheep's trotters, which boil till tender; season it well with zest, some stock, and minced onions; lay a few slices of lean ham or bacon at the bottom of the dish; put in the mock turtle, sliced with egg-balls:



and when the pie is full, cover with a puff paste and bake it; after which add a cup of rich gravy or seasoned stock.

#### PORK PIE.

Cut into slices an equal quantity of pork, fat and lean; roll the pieces in white spices and sweet herbs; prepare a gravy of the parings; put in small whole onions or minced at pleasure, or a large quantity of finely-minced parsley, with potatoes and vegetable balls; lay in the ingredients mixed or in layers, dredging over each layer with pepper and salt; if the pork has been salted, salt will not be necessary; or if salt pork is used, it will be the better for steeping and half-dressing, or fresh pork may be used. It may also be seasoned very high with mushrooms, fine vegetables, hard eggs, and force-balls, with wine or other sauce put in when it comes out of the oven.

#### CROUSTADES.

The bread for croustades should be baked on purpose of a light, firm, well-made dough with eggs. Cut the bread in the shape of hearts, diamonds, or any other fanciful shape, which slit all round; fry them in butter, and arrange in the form of a rosette; then cut a round for the centre, which slit in the same manner, and place in the middle of the points of the hearts; fry this also of a fine brown colour; then cut out the interior, removing all the crumb; line the interior half way up with farce or gratin; dry them either in the sun or before the fire, so that the sauce that is to be served in them may not run through. Small croustades may be made in any fancy shape, filled in the same way, and piled upon the dish.

#### MANGO TART

Is made by cutting the fruit into thin slices, adding spice, sugar, and water, similar to apple.



## APPLE TART.

Peel and cut your apples into quarters, removing the cores ; put them into a baking-dish, with a little grated lemon-peel and a few cloves, some pounded or moist sugar ; pour a little water into the dish, and spread the paste with the rolling pin on the table ; cut some of it very thin, and with a feather moisten it all round (and place on the edge of the dish) ; roll the paste round with the rolling-pin, and put it equally over the apple and other paste ; press the paste all round with your finger to make it adhere ; then with a knife cut off all round the superfluity ; with the bowl of a spoon make marks in the form of shells all round the edges of the paste about an inch distant from one another ; whip the white of an egg, and spread it with a feather over the paste, and then sift or spread a little pounded white sugar over the eggs ; dip the feather or paste brush in water, and sprinkle the water very lightly over the sugar. To prevent its burning in the oven, put the tart on a tin, and bake it carefully.

*Obs.*—The same method is to be pursued for all kinds of fruit tarts.

## CREAMED.

Prepare your fruit as in the last receipt, with the exception of the eggs and sugar ; cover the centre crust ; when the tart is baked, cut out the whole of the centre, leaving the edges ; when cold, pour over the apples some rich boiled custard or clouted cream, and place round it some leaves of puff paste of a light color.

## ORANGE TART.

Squeeze the juice and pulp of four Seville oranges ; boil the oranges until tender ; add double their weight of sugar, and pound both into a paste, with a tea-spoonful of butter, and the zest of the oranges, or a few drops of essence of

lemon; beat the whole well together, with the juice and pulp. Line a shallow tart-dish with a light crust; lay on the orange paste, bake it, and cover with a cream or eustard.

#### RHUBARB TART.

Prepare the rhubarb by cutting it into lengths, and remove off all the skin; divide it into small pieces, and cover it with syrup, or sweeten it with pounded sugar, and moisten with a little water; put it in a saucepan on a stove to simmer gently: when tender, remove, and let it cool; make a good short crust paste; bake it in a rather hot oven; pile in the rhubarb, and serve cold.

#### PRUNE TART.

Rub and plump half a pound of prunes or raisins; lay them in the bottom of a sheeted dish; make a eustard of a quart of cream and ten yolks of eggs; season with sugar, cinnamon, and a little lemon-juice; cook it; plump some of the prunes, and put them upon the top. Tamarind, or any dried fruit, may be baked in the same way. A little apple pulp may be added to the prunes or eustard. This is an excellent way of baking rhubarb and gooseberries, giving them plenty of sugar.

#### PUFFS.

Blanch and beat a handful of almonds with two table-spoonsful of orange-flower water; beat up five yolks and three whites of eggs; put in two table-spoonsful of dried flour, a pint of cream, and sweeten; drop them into hot clarified butter.

#### ALMOND PUFFS.

Beat a quarter of a pound of almonds; add six yolks and three whites of eggs; season as for eurd puffs; make up the paste in the same manner; cut them out with the handle of a key or tin cutter; fry and serve also in the same manner.

## CURD PUFFS.

Beat up a pound of curd; mix in with it the yolks of six eggs by degrees, with a gill of cream, a glass of sweet wine, a little orange-flower water, some ginger, cinnamon, nutmeg, and sugar; thicken it with flour; work it well; roll it out, and cut with a paste cutter into any shape; fry crisp, and sift sugar over them.

## ORANGE AND LEMON PUFFS.

Zest four large oranges or lemons, add two pounds of sifted sugar; pound it with the zest, and make it into a stiff paste, with strong infusion of gum dragon; beat it again; roll it out; cut it into any shape, and bake it in a cool oven.

## SPICED PUFFS.

Beat of any quantity of whites of eggs, adding white sifted sugar, with any spices; the puffs are to be flavoured with mace, cinnamon, or cloves; drop them from the point of a knife in a little high towering form upon damped wafer sheets, and put them into a very slow oven.

## CHEESE-CAKE.

Take half a pound of pounded loaf sugar, three yolks and two whites of eggs beaten, the juice of three limes, the rind of two limes grated, and two ounces of fresh butter; put these ingredients into a saucepan, and stir the mixture gently over a slow fire until it be of the consistence of honey; put it into patty-pans lined with paste, and bake them.

## CURD, PLAIN.

The native way of making curd is by first boiling the milk, and squeezing lime-juice into it, or by adding sour butter-milk, or it may be turned with rennet, or vegetable rennet.—See Artichokes.

## LEMON CHEESE-CAKES.

Grate fine the rind of two or three limes; take the juice of four; mix them with three sponge-cakes, four table-spoonsful of fresh butter, and the same quantity of pounded sugar, a little nutmeg and cinnamon grated, with a wine-glass of cream, and three eggs well beaten; work the whole well together; cover your pans with puff paste, and fill in the material.

*Obs.*—Orange may be made in the same way.

## ALMOND CHEESE-CAKES.

Blanch and dry six ounces of sweet and half an ounce of bitter almonds; pound them in a mortar to a fine paste, with two table-spoonsful of rose or orange-flower water; cream up eight spoonsful of fresh butter, and add it to the paste; beat up four eggs, with a little cream, six table-spoonsful of sifted sugar, with a little nutmeg, and mix the whole well together; fill your pans sheeted with paste as the last.

## PLAIN CHEESE-CAKES.

Take the curd produced from two seers of new milk; break and drain it quite dry; put it into a mortar, and pound it smooth; add four table-spoonsful of sifted sugar with a little grated lemon-peel and nutmeg; beat up to a froth three large spoonsful of butter, and add it to the curd, with the yolks of four eggs beaten, and a glass of brandy or sweet wine; stir all well together; cover your tins with puff paste, and fill each with the curd.

*Obs.*—Lay some thin slices of candied lemon-peel upon the top, and bake for twenty minutes.

## ICING FOR TARTS.

Beat up the whites of two eggs to a froth; lay some on the middle of the pie, with a paste brush or feathers; sift over plenty of pounded sugar, and press it down with the

hand ; wash out the brush or feathers, and splash by degrees with water till the sugar is dissolved ; put it in the oven for ten minutes, and serve it up cold.

#### FOR CAKES.

Whip the whites of five eggs to a froth ; add a pound of double-refined sugar sifted, and three spoonsful of orange-flower water or lemon-juice ; beat it up very well, and when the cake is taken out, ice it with a wooden spatula ; leave it in the mouth of the oven to harden, as it must not have the least colour. Lemon-juice, instead of the orange-flower water, renders it very white, and particularly pleasant to the taste.

#### CARAMEL.

Break into a pan one pound of refined sugar ; put in four table-spoonsful of water ; set it on the fire, and when it boils, skim it quite clean ; let it boil quick till it comes to the degree called "crack," which may be known by letting a little of the sugar drop into a pan of cold water ; if it remains hard, it has attained that degree ; squeeze in the juice of a lime, and let it remain one minute longer on the fire ; then set the pan into another of cold water ; have ready a basin or mould of any shape ; rub them over with sweet oil ; dip a fork or spoon into the sugar, and sprinkle it over the mould in fine threads till it is quite covered ; make a handle of the same, and place in it any sweetmeat or pastry you please.

#### NUTS AND ALMONDS IN CARAMEL.

Blanched nuts and almonds of every description must be grilled or roasted in a pan to make them peel ; they are then to be stuck with twigs, and caramelled as the fruit.

*Obs.*—Nuts of all descriptions should be either roasted, blanched, or the shells cracked before being put on the table.



## MINCE-MEAT.

One pound of beef suet pickled and chopped fine, one pound of apple pared, cored, and chopped, or plantains, a pound and a half of currants washed and picked, a pound of raisins stoned and chopped fine, half a pound of good moist sugar, a quarter of a pound of citron cut in thin slices, half a pound of candied lemon and orange-peel cut in thin slices, one pound of ready-dressed roast beef free from skin and gristle, and chopped fine, one nutmeg grated, half an ounce of salt, half an ounce of ground ginger, quarter of an ounce of coriander seeds, quarter of an ounce of all-spice, quarter of an ounce of cloves all ground fine, the juice of three lemons and their rinds grated, quarter of a pint of brandy, half a pint of sweet wine; mix the suet, apples or plantains, currants, meat, plums, and sweetmeats well together in a large pan, and strew in the spice by degrees; mix the sugar, lemon-juice, wine, and brandy, and pour it to the other ingredients, and stir it well together; set it by in close-covered jars in a cold place; when wanted, stir from the bottom, and add a little noyeau, euraçoa, brandy, or sweet wine, sufficient to moisten the quantity you require. Sweet paste is most appropriate for making pies; they are made flat, and about four inches in diameter. The pans should seldom be larger than the size of a small saucer.

*Obs.*—Very good minced pies may be made by withholding many of the ingredients, or half of the quantities of the expensive ones.

## MINCE-MEAT FOR PIES.

Take of kishmises or raisins two pounds and a half; wash clean, and pick both carefully, stoning the raisins; then chop up very fine, and mix with the following ingredients, chopped also:—Two pounds of dried currants, orange marmalade one pound, preserved citron and ginger half a pound of each, one pound of sifted or moist sugar, a quarter of a pint of



lime-juice, two glasses of brandy, two grated nutmegs, two pounds of well-roasted beef or boiled salt beef (if the former, add a table-spoonful of salt), a cured salt tongue may be used in the same proportion as beef, with one pound of suet or marrow, two pounds of white pumpkin jam or plantain; the whole of the ingredients are to be chopped very fine, and minutely mixed; let them remain in an open vessel for a few days; then put into jars.

*Obs.*—In England apples are used; here jam may be substituted instead. The fruit of the bhere, which is in season during the month of December, may be used for apples, as they approach something in flavour. When the mince is required, add a little brandy or sweet wine to moisten it. It will keep good for twelve months.

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## CHAPTER XIII.

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### PUDDINGS, &c.

#### APPLE PUDDING.

CHOP four ounces of beef suet very fine, or two ounces of butter, lard, or dripping ; put it on the paste-board or a large flat dish, with eight ounces of flour and a salt-spoonful of salt ; mix it well together with your hands, and put it in a heap ; make a hole in the middle ; break one egg in it, and stir it together with your finger, and by degrees add as much water as will make it of a stiff paste. Spread a little flour on the board, and roll it out two or three times with a rolling-pin, and then roll it out large enough to receive twelve or thirteen ounces of apples ; if to be boiled in a pudding-cloth, the cloth must be first soaked in water, squeezed dry, and floured ; but it will look better if boiled in a basin, well buttered ; boil for an hour and three quarters. The best way is to stew the fruit first with a couple of table-spoonsful of moist sugar, a few cloves, and a wine-glass of water ; the pudding will then only take half the time to boil.

*Obs.*—Mango pudding may be made in the same way as well as other fruits, only the quantity of sugar must be varied according to the acidity of the fruit ; the same crust, as directed for apple pudding, answering for all.

#### ALMOND RICE CUP PUDDINGS.

Mix a quarter of a pound of almond paste with a pint of cream ; mix in two spoonsful of ground rice and a little lemon zest ; let it cool, and add the yolks or whites, according to the stiffness wanted, of from two to four eggs. If to be turned out, put some citron chips in the bottom of the

cup; if to be served in the cups, lay some on the top; dip the cups in water before the pudding is put in. They look well hogged over with almonds or pistachio-nuts, and served in coloured cream, or the puddings coloured and served in white cream or in broken jelly.

#### APRICOT PUDDING.

Scald the fruit; peel, beat, and sweeten it; beat the yolks of six eggs with two whites; mix all together with a pint of cream; put it into a basin sheeted with cream paste. As the pudding stuff requires a moderate oven, puff paste will not answer; this must be attended to, as otherwise either the paste or the pudding will be spoilt. The kernels may be blanched, pounded, and put into the pudding.

#### ARROWROOT PUDDING.

From a quart of new milk, take a small cupful, and mix it with two large spoonsful of arrowroot; boil the remainder of the milk, and stir it among the arrowroot; add, when nearly cold, the well-beaten yolks of four eggs, with two table-spoonsful of pounded sugar and two ounces of fresh butter broken; season with grated nutmeg; mix it well together, and bake in a buttered dish fifteen or twenty minutes.

#### BATTER PUDDING.

To every quarter of a pint of milk, put an egg and a spoonful of flour, and beat them up well together; add a little salt; take care that the whole is quite smooth; have your saucepan ready boiling; butter an earthen mould or basin; put the pudding in, and tie it tight over with a pudding-cloth; boil it an hour or more, or put in a dish you have well buttered, and bake it three quarters of an hour.

*Obs.*—When wanted light, a larger proportion of eggs is required and less flour; if the flour, milk, and salt is first cooked smooth, and when cold, the eggs added, it requires less time to boil.

## ANOTHER WAY.

Rub three spoonful of flour into a pint of raw milk by degrees; simmer it until it thickens; stir in two ounces of butter; set it to cool; then add the yolks of three eggs well beaten; butter a basin or mould; put the pudding into it; then tie it tight with a cloth well floured; plunge it bottom upwards into boiling water, and boil half an hour.

## PUDDING BISCUIT.

Rub half a pound of biscuit, with a quarter of a pound of almond paste, a quart of cream or rich milk, by degrees in a mortar, adding the yolks of ten eggs and the whites of five; season with lemon-juice and sugar, grated lemon-peel, or any fruits may be added such as currants, dried dates, prunes, or plums chopped up. This may be either boiled in moulds or cups, or fried.

## BOMBAY PUDDING.

Make a good sweet egg custard, adding a little butter, a glass of wine or brandy, with some grated nutmeg; have ready a finely-rasped cocoanut, and mix all together; line a dish with puff paste; fill in the custard, and bake of a delicate brown colour.

## ANOTHER WAY.

The yolk of an egg, one table-spoonful of sugar, and half a seer of boiled milk, to be beat up and boiled together; when thick enough, lay it in a plate to cool; cut it in pieces and fry them in a frying-pan; make a syrup of the white of the egg, with a little sugar and lime-juice.

## BROWN BREAD PUDDING.

To half a pound of stale brown bread, finely and lightly grated, add an equal weight of suet chopped small, and of currants cleaned and dried, with half a salt-spoonful of salt, three ounces of sugar, half a nutmeg grated, the grated rind

of a large lime, five well-beaten eggs, and a glass of brandy ; mix these ingredients thoroughly, and boil the pudding in a cloth for three hours and a half . Send wine sauce to table with it.

#### BREAD PUDDING.

Pour a pint of boiling milk over four ounces of bread-crumbs and two spoonsful of fresh butter ; cover till cold ; then mix three well-beaten eggs, and a table-spoonful of sugar and half the peel of a grated lemon or lime, and a little pounded cinnamon ; boil it in a mould, or bake in a buttered dish. Serve with sweet sauce.

#### BREAD AND BUTTER PUDDING.

Butter a dish or mould ; lay into the bottom thin cut bread and butter, without any crust ; strew over some currants that have been picked and cleaned, or else chopped stoned raisins ; then pour over this some batter made as follows :—Take a pint of new milk, the yolks of four eggs, two spoonsful of sifted sugar, a little essence of lemon, and some grated nutmeg ; pour over the slices of bread and butter ; then place more bread and butter and currants with batter between, until your dish is nearly full ; pour the remaining batter on the top. This may either be boiled in a mould or baked ; the latter way is the best, with a small rim of paste round the dish. Serve with wine sauce.

#### CABINET PUDDING.

Butter a shape *well*, and stone one ounce of fine raisins, and stick them round the shape ; lay four sponge-cakes at the bottom of the shape, and pour over them a pint of custard boiling hot. When it is cold, tie a cloth over it, and boil it an hour ; when turned out, pour sweet sauce over. A few ratafia cakes, with the sponge, is an improvement.

## LEMON PUDDING.

Squeeze the juice of a good-sized lemon, and grate the peel on six ounces of lump-sugar powdered; let it stand all night; then add two ounces of melted butter, three eggs, two table-spoonsful of grated bread; line a pie-dish half-way down with crust, and bake it in a quick oven.

## CARROT PUDDING.

Pound in a mortar the red part of four large carrots,—take about eight ounces in weight; soak half a pound of the crumb of bread in a quart of boiling new milk; add a quarter of a pound of sugar, a little orange-flower water with the zest, the juice of two limes, and a little cinnamon; beat and add six eggs. Bake it with a paste round the edges, and sift sugar over it; or the dish may be buttered, and the pudding taken out, but it must not be turned over. Ornament with almonds, citron, &c.

## ANOTHER WAY.

Take the red part of two large boiled carrots; pound in a mortar; add a slice of grated bread, with two spoonsful of butter, the same of moist sugar, a little lime or orange peel minced, some nutmeg, and four eggs well beaten; mix all well together, and line the dish with paste, and bake it.

## MASHED CARROTS.

Clean and scrape only; boil and mash them with cream and butter; they make an excellent batter with eggs and flour to bake meat in.

## CUSTARD PUDDING.

Mix with one table-spoonful of flour a pint of new milk, the well-beaten yolks of six eggs, a spoonful of rose water, and a spoonful of fresh butter; add a little grated nutmeg, and sweeten with pounded sugar; bake in a dish lined with puff paste for half an hour; when about to serve, sift a little sugar over it.



## COCOANUT PUDDING.

A quarter of a pound of grated cocoanut, the same quantity of powdered loaf-sugar, three ounces and a half of good butter, the whites of six eggs, and half a glass of wine and brandy mixed, a tea-spoonful of orange-flower or rose water ; pour into your paste, and bake in a moderate oven.

## HASTY-BAKED PUDDING.

Take of new milk sufficient to mix into a thin batter two ounces of flour ; put a pint with a small pinch of salt into a clean saucepan ; and when it boils quickly, stir the flour briskly to it ; keep it stirred over a gentle fire for ten minutes ; pour it out ; and when it has become a little cool, mix with it two ounces of fresh butter, three of pounded sugar, the grated rind of a lime, four eggs, and half a glass of brandy, or as much orange-flower water ; to these half a dozen of bitter almonds, pounded to a paste, may be added. Bake the pudding half an hour in a gentle oven.

## LEMON OR ORANGE PUDDING.

Zest a lemon or Seville orange ; squeeze out the juice and pulp ; boil the skin in several waters to take away the bitter ; beat it in a mortar with sugar and butter, of each a quarter of a pound, six eggs, a little of the zest and the juice ; put it in a sheeted dish, and cross it with very fine bars of paste, with an ornament in the middle.

## LEMON SUET PUDDING.

To eight ounces of finely-grated bread-crumbs add six of fresh beef kidney suet, free from skin, and minced very small, three and a half ounces of pounded sugar, six ounces of currants, the grated rind and the strained juice of two large limes, and four full-sized or five small well-beaten eggs ; pour these ingredients into a thickly-buttered pan, and bake the pudding for an hour in a brisk oven to a fine brown

colour. Turn it from the dish before it is served, and strew sifted sugar over it, or not, at pleasure. The pudding is very good without the currants.

#### FRANCHIPAN.

Beat up four table-spoonsful of dry flour, with four eggs and a pint of cream ; add a little salt and sugar ; rasp the peel of a lemon or lime into the mixture ; put the whole into a stewpan over a gentle fire, and keep stirring it for a quarter of an hour ; blanch and pound to a fine paste, with a little rose or orange-flower water, one dozen sweet and the same of bitter almonds and mix this with the fanchipan with which fill your tartlets, or lay upon puff paste, nicely trimmed, with sifted sugar on the top, and pass the salamander over it.

#### MARROW PUDDING.

Grate a roll into crumbs ; pour on them a pint of boiling hot cream ; cut very thin half a pound of beef marrow ; beat the yolks of four eggs well, and then put in a glass of brandy with sugar and nutmeg to taste ; mix them all well together, and either boil or bake it for three quarters of an hour ; cut two ounces of citron very thin, and, before serving, stick them all over it.

#### PUDDING OF MINCE MEAT.

Pour on a small cupful or more of bread-crumbs sufficient boiling milk to soak them well ; when they are nearly cold, drain as much of the milk from them as you can, and mix them thoroughly with half a pound of mince-meat, a dessert-spoonful of brandy, and three eggs beaten and strained ; boil the pudding for two hours in a well-buttered basin, which should be full, and serve it with wine sauce.

#### MACARONI PUDDING.

Boil a sufficient quantity of macaroni in milk ; lay it into a pudding-dish, bordered with paste ; season a pint of milk or

cream with cinnamon, orange-flower water, zest and juice of lime; sweeten and add four yolks of eggs well beaten; thicken and pour it over the macaroni; when the paste is done, it is ready; sift sugar and rasped almonds over it. An excellent way is to lay two or three ounces of plumped prunes or plums, with some shred marrow and sugar, over the macaroni. Vermicelli or any Italian pastes may be made in like manner.

#### NEWMARKET PUDDING.

Put on to boil a pint of good milk, with the peel of a lime, a little cinnamon, and a peach-leaf; boil gently for five or ten minutes; sweeten with loaf-sugar; break the yolks of five and the whites of three eggs into a basin; beat them well, and add the milk; beat all well together, and strain through a fine hair sieve or tamis; have some bread and butter cut very thin; lay a layer of it in a pie-dish, and then a layer of currants, and so on till the dish is nearly full; then pour the custard over it, and bake half an hour.

#### NEWCASTLE OR CABINET PUDDING.

Butter a half melon mould or quart basin, and stick all round with dried cherries or fine raisins; fill up with bread and butter, eustard, &c., as in the above, and steam it an hour and a half.

#### PEAS PUDDING.

Put a quart of split peas, or dhal, that has been soaked for at least two hours, into a clean cloth; do not tie them up too close, but leave a little room for them to swell; put them on to boil in cold water slowly till they are tender; if they are good peas or dhal, they will be boiled enough in about two hours and a half; rub them through a sieve into a deep dish, adding to them an egg or two, an ounce of butter and some salt; beat them well together for about ten minutes. When these ingredients are well incorporated, then flour the

cloth well ; put the pudding in, and tie it up as tight as possible, and boil it an hour longer. It is as good with boiled beef as it is with boiled pork.

*Obs.*—Stir this pudding into two quarts of plain broth, or the liquor in which meat or poultry has been boiled ; give it a boil up, and in five minutes it will make excellent plain soup.

#### PLUM PUDDING.

Suet chopped fine six ounces, raisins stoned six ounces, currants nicely washed and picked eight ounces, bread-crumbs three ounces, flour three ounces, three eggs, one quarter of a nutmeg, a small blade of mace, the same quantity of cinnamon pounded as fine as possible, half a teaspoonful of salt, half a pint of milk or rather less, sugar four ounces, to which may be added candied lemon one ounce, citron half an ounce ; beat the eggs and spice well together ; mix the milk with them by degrees, then the rest of the ingredients ; dip a cloth into boiling water, and put it on a sieve ; flour it a little, and tie up the whole close ; put it into a saucepan containing plenty of boiling water ; keep a kettle of boiling water alongside of it to fill up the pot as it wastes, and let it boil six hours at least.

#### LIGHT PLUM PUDDING.

Put half a pint of fine bread-crumbs into a basin ; pour on them a quarter of a pint of boiling milk, and cover ; let them soak for half an hour ; then mix with them three quarters of a pound of suet chopped extremely small, and a pound of raisins, three spoonfuls of sugar, one of flour, three eggs, a little salt, and sufficient grated lemon-peel and nutmeg to flavour it lightly ; tie the pudding in a well-floured cloth, and boil it for two hours.

#### PATNA RICE PUDDING.

Wash a quarter of a pound of rice ; dry it in a cloth, and beat it to a powder, set it upon the fire, with a pint and a

half of new milk till it thickens, but do not let it boil ; pour it out, and let it stand to cool ; add to it some cinnamon, nutmeg, and mace, pounded sugar to the taste, half a pound of suet shred very small, and eight eggs well beaten, with some salt ; put to it either half a pound of chopped raisins or currants clean washed and dried by the fire, some candied lemon, citron, or orange-peel ; bake it half an hour, with a puff crust under it.

#### RICE PUDDING, WITH DRY CURRANTS.

Take a small basin of boiled dry rice ; mix it with half a pound of currants, two table-spoonsful of sugar, one of butter, and a beaten egg ; boil it in a floured cloth or mould for nearly an hour.

#### RICE PUDDING FOR CHILDREN.

Take boiled rice, and cover it with milk, sugar, a beaten egg, and a little grated lemon ; bake this in a dish.

#### ANOTHER WAY.

Pick and clean nicely half a pound of rice ; put it into a deep dish, with a little butter or suet chopped, four spoonsful of sugar, and two quarts of milk ; grate nutmeg over the top, and bake in a slow oven.

#### RICE PUDDING.

##### BOILED.

Wash and pick four ounces of rice very clean ; soak it in water half an hour ; then tie it up in a cloth, with eight ounces of picked currants or raisins ; leave room for the rice to swell, and boil it nearly two hours ; serve with melted butter, sugar, and nutmeg.

##### BAKED.

Take half a pound of well-boiled rice, quite dry ; mix it with four eggs well beaten, a quarter of a pint of cream or



milk, with two table-spoonsful of butter, some grated lemon-peel and nutmeg, half a glass of brandy or noyeau, half a pound of picked currants rubbed in a little flour, with four table-spoonsful of finely-shred suet or marrow; mix these ingredients well together; put a paste round the edge of the dish; fill it with the pudding, and bake in a moderate oven.

#### GROUND RICE PUDDING.

Put four ounces of ground rice into a stewpan, and by degrees stir in a pint and a half of milk; set it on the fire, with a roll of lime-peel and a bit of cinnamon; keep stirring it till it boils, beat it to a smooth batter, then set it on where it will simmer gently for a quarter of an hour; then beat three eggs on a plate, stir them into the pudding, with two ounces of sugar and half a grated nutmeg; take out the lime-peel and cinnamon; stir all well together; line a pie-dish with thin puff paste, big enough to hold it, or butter the dish well, and bake it half an hour. If boiled, it will take an hour in a mould well buttered. Three ounces of currants may be added.

#### RHUBARB PUDDING.

Peel and well wash three or four dozen sticks of rhubarb; blanch it in water three or four minutes, drain it on a sieve, and put it in a stewpan, with the peel of a lime, a bit of cinnamon, two cloves, and as much moist sugar as will sweeten it; set it over a fire, and reduce it to a marmalade; pass it through a hair sieve; then add the peel of a lime and half a nutmeg grated, a quarter of a pound of good butter and the yolks of four eggs and one white, and mix all well together; line a pie-dish (that will just contain it) with good puff paste; put the mixture in, and bake it half an hour.

#### PLANTAIN PUDDING.

Take some plantains, and have them fried in their skins; when done, you must peel and cut the fruit in slices; add



sugar to the taste, the juice of two or three limes, the peel of one cut into small thin pieces, a glass of white wine, half a tea-spoonful of pounded cloves, with a little butter; this is to be put into a paste and boiled as an apple pudding. Cream or lemon and sugar, with butter, is a great improvement.

#### SAGO PUDDING.

Simmer a quarter of a pound of sago with water, and leave it till it falls into a jelly; add half a pound of Naples biseuit or bread, ten yolks, and six whites of eggs, and a quarter of cream or new milk; season with wine, sugar, cinnamon, or lime-juice, zest and candied peel; put it in a bordered pudding-dish, and sift sugar over it. Rased citron may be added. If milk is used, prepare and thicken as artificial cream, and when the pudding is mixed, add an ounce and a half of very nice butter, which if properly done, will answer instead of cream.

#### TAPIOCA PUDDING.

Simmer a quarter of a pound of tapioca in water; strain and add a pint of new milk; simmer it till it thickens; let it cool; add the yolks of four eggs and two whites, with a little brandy, wine, or orange-flower water, sugar, nutmeg, and an ounce of clarified butter; mix it well; butter the dish; border it with paste, and bake or boil it in a basin.

#### TRANSPARENT PUDDING.

Beat eight eggs very well; put them into a saucepan, with a quarter of a pound of pounded sugar, the same of fresh butter, and two large spoonsful of marmalade, or some grated nutmeg or lime-peel; keep it stirring on the fire till it thickens; then set in a basin to cool; put a rich paste into a dish, and pour in the pudding; bake it in a moderate oven.

## WINE PUDDING.

Beat up the yolks of four eggs ; add to them half a seer of boiled milk ; and while mixing together, put in two spoonsful of sugar. Before baking, put in the whites of the eggs well beaten, with a little butter ; take out the whole in spoonsful, and bake each separately ; when properly baked, strew a little fine sugar over the whole.

## YORKSHIRE PUDDING.

Make a tolerable stiff batter with four eggs, six table-spoonsful of fine flour, and a pint of milk ; beat the whole up well, free from lumps ; butter a dish, or use clarified dripping ; pour in the batter, and put it under the meat, or else fry it in a pan, with plenty of hot dripping ; as soon as the under-side is done, turn it that both may be alike, or brown the upper with a salamander ; it may be baked. This pudding should be light and half an inch thick ; cut into squares and serve with roast beef or mutton.

*Obs.*—A batter made a very little thicker, and placed in a deep dish, with a small joint of meat in the middle and baked, is called in Devonshire, “Toad in the hole.”

## APPLE DUMPLINGS.

The same crust as for pudding ; divide into as many pieces as you want dumplings ; peel and core the apples ; roll out your paste large enough for each, and put them in ; close it all round, and tie them in pudding-cloths very tight ; one hour will boil them. When taken up, dip them in cold water, and put them in a cup the size of the dumpling while you untie them, and they will turn out without breaking.

*Obs.*—A clove or two in each dumpling, with a little sugar, may be put at first with the apple ; but sugar and butter is better added after they are served up.

## PLAIN DUMPLINGS.

Take half a seer of fine flour, two eggs well beaten up, with as much sweet fermenting toddy (or Borwick's baking

powder) as will make it into light dough; form it into balls the size and shape of a large hen's egg; drop them into boiling water, and keep them over the fire in that state for a quarter of an hour; serve with melted or cold butter and sugar.

#### CURRANT DUMPLINGS.

Mince finely half a pound of suet, mix it with the same proportion of grated bread-crumbs and a table-spoonful of flour, a quarter of a pound of picked currants, washed and dried in a towel, some sugar, a little grated lime-peel, nutmeg, and a spoonful of chopped orange marmalade or citron, with three well-beaten eggs; roll the mixture into round balls, and tie them in a floured cloth separately; boil for half an hour, and serve with melted butter and sugar poured over them.

#### MEAT PUFFS.

Roll your paste out thin, and having any sort of meat prepared, such as mince or force, lay it, or once turn it over either in a three-cornered or square shape as a puff; close it well together with egg until it takes; boil and sauce them with high-seasoned gravy. Small slices of any meat and well seasoned will make an excellent dish in these boiled or fried puffs.

#### NORFOLK DUMPLINGS.

Make a stiff pancake batter; drop the batter by small spoonfuls into quick-boiling water; let them boil three or four minutes, when they will be enough done; drain and lay a piece of fresh butter over each.

#### SUET DUMPLINGS.

Mix a pound of finely-shred suet into a pint of milk and four well-beaten eggs; make it up into a stiff paste, with flour and a little salt; this quantity will divide into four; drop them into hot water; and when they are ready, serve with melted butter. More suet may be put in with sugar and any kind of fruit.

## PANADA.

Put a blade of mace, a large piece of the crumb of bread, and a quart of water in a clean saucepan ; let it boil two minutes ; then take out the bread, and rub it very fine in a basin ; mix with it as much of the warm water as it will require ; pour away the rest, and sweeten it to the taste. If necessary, put in a piece of butter of the size of a walnut, but add no wine ; grate in a little nutmeg if requisite.

## HAGGIS.

Take the stomach of a sheep ; wash it perfectly clean in several waters ; turn it and scald the inside ; scrape and put it into cold water, and let it soak in a little lime-water or strong salt and water ; boil the heart and liver so as they will grate. Have ready a pound of dry oatmeal ; grate the liver, and chop up fine the heart with half a pound of fine suet ; mix the whole well together, and season with pepper and salt ; put the whole into the bag ; boil well in some good broth with three onions ; strain and pour it on the haggis ; then sew it up carefully, excluding all the air ; put it in boiling water enough to cover it, and let it boil for two or three hours.

*Obs.*—Prick the bag with a needle in several places to prevent its bursting ; or if it is too thin, tie it in a cloth.

## PANCAKES, PLAIN.

Light plain pancakes are made of a thin light batter of milk, eggs, and flour, with salt and sugar ; rub the frying-pan with a buttered cloth ; sift sugar over them as they are doubled or rolled and dished ; serve with limes.

## ANOTHER WAY.

Break three eggs in a basin ; beat them up with a little nutmeg and salt ; then put to them four ounces and a half of flour and a little milk ; beat it of a smooth batter ; then add

by degrees as much milk as will make it the thickness of good cream; the frying-pan must be very clean, or they will stick; make it hot, and put a very small bit of butter into it; when it is melted, pour in the batter to cover the bottom of the pan; make them the thickness of a half crown; turn the pan round, that the pancake may be done equally; then give a sudden jerk to turn the pancake on the other side; fry them of a light brown; lastly, roll and powder them with fine sugar. They should be made quickly, as they require many to make a dish. Serve with lemon, orange, or wine, and sugar; or they may have jelly, fine marmalade, or preserves laid on very thin.

#### PANCAKES (FRENCH).

Put into a stewpan or basin two ounces of fine flour, three ounces of sugar, a few macaroons of bitter almonds pounded, a tea-spoonful of orange-flower water, a little salt, a pint of cream, a glass of milk, and the yolks of five very fresh eggs; mix the whole well; then clarify two ounces of butter, and put some into the frying-pan; put a very little mixture into the pan at a time; let it be done on one side only; turn the first one on the bottom of a plate, and do the same alternately with the others; arrange them in an agreeable form, and when you are about finishing, glaze the last with fine sugar, and salamander it; put the plate on a dish, and send up very hot.

#### BATTER.

Put four spoonful of flour into a basin or dish, with half a tea-spoonful of salt and a little cream; moisten with water sufficient only to prevent the paste from curdling; beat up the white of two eggs; mix it well with the paste, and then put in whatever you may wish to fry; take care the paste is not too thick.

#### PINE-APPLE FRITTERS.

Pare and core a pine-apple; cut into slices, and stew them with a little water, sugar, and lemon-peel; when soft, add



a little white wine and the juice of half a lime, with a bit of butter ; when cold, make a batter with three spoonsful of fine flour, two spoonsful of cream, a glass of wine, some sugar and four eggs ; beat it all together very well ; put first butter or pure ghee into a frying-pan ; throw the fruit into the batter ; take it out in spoonsful, and fry them one by one a nice light brown ; put them on a sieve before the fire to dry, and serve with plenty of pounded sugar over them on a white napkin.

## APPLE.

Chop up the apples fine ; mix them with the above batter, and fry in butter or ghee a nice brown ; sugar to be added afterwards.

## APRICOT FRITTERS.

Make a batter the same as for apple, put the fruit into it, and add the kernels, or a few sweet or bitter almonds sliced may be put into the batter.

## LEMON OR ORANGE FRITTERS.

Peel and cut limes or Seville oranges across in slices, take out the seeds ; boil them in a little weak syrup, and let them cool ; make a batter of white wine, flour, a little olive oil, and salt ; mix it till it drops from the spoon ; dip in the oranges, and fry them a light brown in olive oil or clarified butter ; drain them before the fire upon a sieve ; pile them upon the dish ; sift sugar over, and send them hot to table.

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## CHAPTER XIV.

## CAKES.

## ALMOND CAKE.

BLANCH half a pound of sweet and three ounces of bitter almonds; pound them into a paste in a mortar, with a little orange-flower or rose-water; add half a pound of sugar-candy and a little brandy. Whisk separately for half an hour the whites or yolks of twenty eggs; add the yolks to the almonds and sugar, then stir in the whites, and beat them all together; butter a tin pan; put the cake into it, and over the top strew pounded sugar; bake in a quick oven for half an hour or more as may be necessary.

## ALL-SPICE CAKE.

Beat one egg with six table-spoonsful of cream; stir it over the fire until warm; add the third of a pound of butter, with three spoonsful of sifted sugar, and a spoonful of fine-pounded all-spice; carefully stir in the different ingredients upon a slow fire, that the butter may be mixed without oiling; then pour the whole over ten or eleven ounces of flour, and make it into a paste; roll it out to any thickness and cut out the cakes of any size you please; put them into the oven upon a tin, covered with several folds of paper, or else a board must be used to prevent their baking too quickly; if baked in a small portable oven, some wood-ashes, spread over the bottom, answers all the purposes of the board.

*Obs.*—Cakes of the different spices may be made in the same way, and coloured variously.

## BOURBON.

Beat well and separately the yolks of ten and the whites of five eggs, one pound of sifted sugar; grate the peel of two bitter oranges or lemons; blanch and pound with a little rose-water half a pound of sweet almonds; whisk all these ingredients together for half an hour, and, lastly, mix in half a pound of dried and sifted flour; lay it about three inches deep into a papered and buttered hoop, and bake it in a moderate oven for one hour and a quarter. It should be iced over the top and sides while hot.

## BRIOCHE PASTE.

“Take thirty good fresh eggs, three pounds of very dry flour, and two pounds of fresh butter; sift and lay the flour on the table; divide into four equal parts, and take one to make the leaven; make a hole in the centre, and put a large table-spoonful of good yeast into the fourth part of the flour; then take some hot water, pour it gently over the yeast, and mix the paste directly; do not make it too liquid; where yeast is not procurable, good sweet toddy or (Borwick’s baking powder) must be used to make the leaven; sprinkle some flour over a pan, and put this paste into it; cover and set it near the fire to rise for about twenty minutes [in this country it is seldom necessary]. When the yeast or leaven has risen, dilute the brioche in the following manner:—

“Make a great hole in the remaining three-fourths of the flour; sprinkle four small pinches of salt on as many different places, with a little sugar to correct the bitter taste of the yeast should it be used, and a little water to melt the salt; then take two pounds of butter, which break into small pieces with your hand, and put in the middle of the flour. Next break the eggs separately over a cup or dish to ensure their being good, and mix the whole well together, and knead the paste; spread it lengthways on the edge of the

table ; then, with the palms of both hands, press upon it, passing it by degrees towards the middle of the table ; when you have thus worked the whole of the paste, bring it back again in the same way towards the edge ; knead it a second time in the same manner, and then spread the yeast ; paste all over it ; then divide the whole into small pieces, and shift from one place to another ; this is to mix the risen part with the other paste properly ; then knead the paste well again twice, and gather it up together ; take a pan, in which spread a towel, and powder it over with flour ; put the paste on it, and cover it with the ends of the towel ; keep it in a cool place. If the weather is warm, the paste is better when made on the preceding day, taking care to break it several times before you use it ; then cut it into equal pieces, and shape them with the palms of your hands ; lay these on the less even side ; shape off small balls, which turn also with your palms ; brush them over with a beaten egg ; then make a little hollow, and put the small balls into it ; brush twice over with the egg, and bake in a hot oven. If you wish to make a large brioche, you must make a very large well-buttered paper-case, or put it in a buttered tin with paper ; make a kind of paste the same as for the small one, and bake in a hot oven, but not so hot as is used for the small ones ; for the larger the articles of pastry are, the less must the oven be heated, as the borders of the cakes or pies would be burnt before the middle parts could hardly be heated."

*Obs.*—When you perceive that the brioche has coloured enough, if it should not be thoroughly baked, cover it with paper. This brioche paste will serve to make all sorts of little entremets, the only thing is that you must put sugar over them ; you may put currants inside, or mix with a little sweet wine or cream, fruit or dried cherries ; and to make another sort, in fact, by colouring a part of the paste, with a little saffron soaked in the wine, or brush them over

with the white of an egg sprinkled, or plain sugar; cover them without any colour, but take care to cover with paper when sufficiently brown; give to all different forms, by which you will obtain a multiplicity of cakes, having the same paste, but varying in flavour and appearance.—*Ude's Receipt.*

#### BRIOCHE CAKE (INDIAN).

Take one pound of the finest soojee; make it into a dough, with a sufficient quantity of toddy, and work it well; set it on one side; cover it with a cloth, and let it remain for two hours; then beat up eight eggs, whites and yolks, for fifteen minutes, with half a pound of fresh butter and a tea-spoonful of salt; mix this with the dough well together, and put it into a tin of twice its size to bake.

#### BABA.

Dilute this paste the same as the brioche; take eight grains of saffron, infuse in a little water, and then pour the water into the paste; add two glasses of Madeira or sweet wine, some currants, raisins, and a little sugar; then make the cakes as you do the brioches; add to it half a pint of good cream well frothed. You must butter the mould when you put them in; the oven must be moderately hot, as the babas must remain a long time in; after one hour you must look at them, and preserve the colour by putting paper over them. You must use a mould with a chimney in the middle.

#### COMMON CAKES.

Rub into one pound of flour a quarter of a pound of fresh butter; mix with two well-beaten eggs, a table-spoonful of fresh yeast, and as much warm milk as will make the flour into a very thick batter; or instead of the yeast and milk, use toddy and one more egg; cover with a cloth, and let it rise for an hour; then mix with it six ounces of

moist sugar and half a pound of cleaned and dried currants ; let it remain for half an hour more, and bake it in a tin for an hour.

#### COCOANUT CAKE.

Scrape the white part of the inside of a cocoanut into fine white flakes, add half a pound of clear syrup, and boil to a proper thickness ; when done, drop it on a buttered dish to cool.

#### GOOD FRIDAY CAKE.

Boil six ounces of loaf-sugar and four table-spoonsful of water to a syrup (or take six spoonsful of syrup) ; beat up two or four eggs, and pour the syrup hot upon them, stirring all the time ; add two ounces of butter, and beat all together for fifteen minutes ; then stir in eight ounces of flour, four ounces of picked currants, one ounce of candied lemon-peel cut small, one tea-spoonful of mace, or half a nutmeg, and one tea-spoonful of carbonate of ammonia dissolved in a table spoonful of milk ; mix it all together, pour into a mould, and bake in a quick oven.

*Obs.*—The currants may be omitted.

#### CARRAWAY BISCUITS.

Rub one ounce of butter into eight ounces of flour, with two ounces of powdered loaf-sugar, and a quarter of an ounce of carraway seeds ; beat up one egg, and add it with one tea-spoonful of carbonate of ammonia, dissolved in four table-spoonsful of milk, to the flour ; mix all together ; roll out ; cut into shapes with a tin mould, and bake in a quick oven.

#### QUEEN-CAKES.

Half a pound of sifted sugar, half a pound of butter, six eggs, ten ounces of flour, two ounces of currants, and half a nutmeg grated ; cream the butter and mix it well with the sugar and spice ; put in half the eggs, and beat it ten minutes ;



add the remainder of the eggs, and beat it ten minutes longer; stir in the flour lightly, and the currants afterwards; bake a few minutes.

#### LADIES' FINGERS.

Beat well together in a pan one pound of sifted sugar, with the yolks of eight eggs, for twenty minutes; then add by degrees one pound of flour; drop the mixture upon paper of any form or shape you like; strew sugar over the cakes, and bake them in a hot oven. The white of the eggs is always to be added last.

#### PLAIN CAKE FOR CHILDREN.

Take one pound of fine flour; mix it into a dough, with a sufficient quantity of sweet fermenting toddy, and work it well for twenty minutes; set it aside for an hour or more to rise; beat up a couple of eggs, with a table-spoonful of butter and as much sugar, and work it into the dough; put it into a buttered tin or a paper mould; bake it as you would any other cake.

*Obs.*—The dough may be procured ready-made from the baker as for bread, and a few carraways or currants may be mixed with the cake.

#### PLAIN POUND-CAKE.

Beat one pound of butter in an earthen pan until it is like a fine cream; then beat in nine whole eggs till quite light; put in a glass of brandy, a little lime-peel shred fine; then work in a pound and a quarter of flour; put it into the hoop or pan, and bake it for an hour. A pound plum-cake is made the same, only adding one pound and a half of clean washed currants and half a pound of candied lemon-peel.

#### PLUM-CAKE.

Beat up a pound and a half of butter to a cream; mix in one pound of sugar-candy; beat fourteen yolks and seven



whites of eggs half an hour ; mix in a pound and a half of fine flour ; put in the peel of a lime grated, three ounces of candied orange and lemon-peel cut fine, a tea-spoonful of pounded mace, half a grated nutmeg, a gill of brandy or sweet wine, with four spoonsful of orange-flower water ; mix in three quarters of a pound of currants and a pound of stoned raisins ; put immediately into your hoop or mould, and bake it two hours or more.

#### CURRENT.

The same as plum, only adding more currants, dusted first with flour.

#### POUND-CAKE.

Cream half a pound of butter with half a pound of fine-sifted sugar till quite smooth ; beat up five eggs, whites and yolks, and gradually mix with the sugar and butter ; beat the whole for twenty minutes or more, add half a pound of fine flour and half a pound of currants that have been nicely picked, washed and plumped ; bake it in a moderately-heated oven.

#### SPONGE-CAKE.

Take half a pound of pounded sugar, eight eggs, and six ounces of fine flour ; then whisk the eggs, yolks and whites, together for twenty minutes ; beat in the sugar carefully, and just before it is to be put into a buttered tin, stir in the flour lightly, adding, if you please, a few carraway seeds. Bake from half to three quarters of an hour.

#### TEA-CAKE.

A most excellent plain tea-cake may be made by procuring from the baker one pound of dough as prepared for bread ; then beat up the yolks of three or four eggs, according to their size, with two table-spoonsful of moist or pounded sugar ; mix the whole with a spoon into the dough, and bake in a buttered tin of double its size.

*Obs.*—Currants or earraways in proportion may be added.

## ANOTHER WAY.

Three quarters of a pound of fine sugar, a quarter of a pint of water; boil the sugar and water; skim it well; pour in the liquor boiling hot on six well-beaten eggs; whisk it till cold; then add seven ounces of flour with the grated peel of a lime very gradually; put into a cake tin, well buttered, and bind with paper. It must be immediately put into a moderate oven, and baked for three quarters of an hour.

## ANOTHER WAY.

Rub half a pound of flour, with four ounces of butter, the beaten yolks of two eggs, and the white of one, a few carraway seeds, and two table-spoonsful of pounded sugar; mix it into a paste with a little warm milk; cover it over and let it stand for an hour; roll out the paste; cut it into cakes, with the top of a glass, and bake them on floured tins.

## SPONGE BISCUITS.

Break into a wide dish that has been made quite hot, or keep it over hot water, nine eggs, with a pound of sifted sugar and a little grated lemon-peel; whisk it well for a few minutes and then remove the pan from the hot water, and continue whisking it until cold; then with a spoon stir in lightly six ounces of fine dry sifted flour. It must be immediately put into your tins, which have been prepared as follows:—Rub them inside with butter; sprinkle with finest pounded sugar, and bake for five minutes in a brisk oven; when done, take them out of the pans, and lay upon a sieve or cloth.

## ARROWROOT.

Beat up as for sponge biscuits, in a warm dish, four eggs, with three spoonsful of sifted sugar, one glass of white wine, and a spoonful of rose-water, for twenty minutes, adding by degrees six table-spoonsful of the finest arrow-root; put in buttered tins, and bake in a slow oven.

## BUNS OR TEA-CAKES (EXCELLENT).

One pound and a half of flour, half a pound of butter, one pint of milk, four eggs, six ounces of pounded lump sugar; rub the butter well into the flour; then mix the eggs, milk, and lemon-peel, with a table spoonful of yeast; let it stand to rise; put in the sugar and currants before baking; it will require to be put in tins or cups.

## SWEET MACAROONS OR RATAFIAS.

Blanch four ounces of sweet almonds; dry them well in the sun; pound them in a mortar, with half a pound of sifted sugar; rub both well together; then add the whites of four eggs, one by one, until the whole is formed into a thinnish paste; drop them of the size of walnuts on wafer paper; sprinkle over the top some sliced almonds and sifted sugar; bake in a slow oven of a light brown colour, when they will be done enough.

## RATAFIA-CAKE.

Take the yolks of twelve eggs, and the whites of six, and beat each separately, a pound of sugar well pounded; beat the yolks till they are tolerably white; then add the sugar, and beat it well with the yolks; blanch and cut small a quarter of a pound of bitter almonds, with the same quantity of sweet almonds, dry three quarters of a pound of flour, and stir it by little at a time into the eggs; then beat the six whites into a froth, and put it in by a spoonful at a time as you stir in the flour, lastly, the almonds; put in your pan, and let it bake an hour and a half.

## ANOTHER WAY.

Take one ounce of sweet and one ounce of bitter almonds, and beat them fine in a mortar, one pound of fine-sifted sugar, with the rind of two or three grated limes; mix them well together, with the white of one egg and a half; make them about the size of a nut; put them on paper, and bake in a moderate oven.

## SHORT-CAKES.

Rub in half a pound of butter into one pound of finely-sifted flour; add half a pound of currants, half a pound of finely-sifted sugar, and one egg; mix all together, with three quarters of a pint of milk; roll it out thin, and cut into round cakes; lay them on a baking tin. About five minutes will bake them.

## SEED-CAKE.

Beat one pound of butter till you turn it back into cream; add one pound of flour, one pound of loaf-sugar pounded finely, a few carraway seeds, half a glass of brandy, some orange-peel, the whites of twelve eggs, and the yolks of eight, with a little volatile salt (ammonia),—the above quantity will be sufficient to make three cakes,—and bake them in a slow oven for an hour and a half.

## RICE-CAKES.

Beat twelve eggs, yolks and whites separately, one pound of sifted sugar, three quarters of a pound of rice flour; beat all these ingredients together for half an hour, and before putting it into a well buttered cake tin, add thirty drops of essence of lemon. Three or four spoonsful of carraway seeds may be added. It may be baked in small tins.

## SALLY LUNS.

Take a pint of milk quite warm, a quarter of a pint of thick small-beer yeast (or else good fermenting toddy); put into a pan with flour sufficient to make a good thick batter; cover it over to rise for two hours; then add two ounces of finely-pounded sugar, four eggs well beaten and mixed together; rub into your flour four ounces of butter, and make your dough not quite so stiff as for bread; let it stand half an hour, then make up your cakes and put them on tins; let them stand to rise, and bake in a quick oven.

## TWELFTH-CAKE.

Take of fine flour, butter, and sifted sugar, of each two pounds, eighteen eggs, four pounds of currants, of almonds pounded and blanched half a pound, citron, candied orange, and lemon-peel, of each half a pound, and cut into thin slices; a nutmeg grated, all-spice half an ounce, of ground cinnamon, mace, ginger, and coriander, each a quarter of an ounce finely pounded, and a large wine-glass of brandy; work the butter into a smooth cream with the hand, and mix with the sugar and spice in a pan for some time; then break in the eggs by degrees, and beat it at least twenty minutes; stir in the brandy, then the flour, and work it a little; add the fruit, sweetmeats, and almonds, and mix all together lightly; have ready a hoop or tin cased with paper on a baking-plate; put in the mixture; smooth it on the top with a little milk; bake it in a slow oven four hours or more; ice it the moment it is drawn from the oven.

*Obs.*—Previous to baking, put a thick paste of flour and water under it, in order to preserve the bottom from scorching.

## BUNS.

To two pounds of fine flour put half a pound of clean moist sugar; make a hole in the centre, and stir in half a gill of good yeast, and half a pint of warm milk (or as much good toddy and warm milk as is equal to the same quantity); mix it with enough of the flour to make it the thickness of cream; cover it over with a towel, and let it lie two hours; then melt or dissolve half a pound of fresh butter, not too hot; stir it into the other ingredients, with enough milk and toddy to make it into a soft paste; throw a little flour over, and let it lie an hour; have ready a baking-tin rubbed over with butter; mould with the hand the dough into buns the size of an egg; lay them in the platter in rows three inches apart; set them aside in a warm place to rise for half an hour, or



until they have become double their size ; bake them in a hot oven of a good colour ; and just before taking out, wash them over with a brush dipped in milk.

#### CROSS-BUNS

Are made of the same mixture, only add three quarters of an ounce of all-spice, cinnamon, and mace, mixed and pounded. When the buns have risen, press in the form of a cross with a tin or wood mould made on purpose.

#### PLUM-BUNS.

To the same mixture put half a pound of currants, four ounces of candied orange-peel cut into small pieces, half a nutmeg grated, half an ounce of mixed pieces, and mould the whole into buns ; jag them round the edge of the dish with a knife, and proceed as with plain buns.

#### TO MAKE BUNS.

A quarter measure of rolong, one tea-cupful of toddy, quarter of a cup of butter, two table-spoonsful of milk made warm, the yolks of two eggs well beaten, a little salt, cinnamon, cloves, and nutmeg, pounded fine, two table-spoonsful of currants, two table-spoonsful of sugar ; mix the rolongs, toddy, and milk together, put it in the sun covered over till risen, then mix in the other ingredients ; divide it into six round cakes ; rub each bun over with white of egg ; bake them one hour.

#### AMERICAN BUNS.

Having mixed one pound and a half of flour and half a pound of butter finely together, add four eggs beaten to a high froth, four tea-cupsful of milk, half a wine-glassful of brandy, and a wine-glassful each of yeast ( or toddy ), wine, and rose-water ; sift in a pound of flour ; beat the lumps fine ; form into buns, and set to rise for four hours on the tin in which they are to be baked.



## BATH BUNS.

To two pounds of flour made into a dough with toddy add half a pound of fresh butter, some nutmeg and salt, the well-beaten yolks of two eggs, and the white of one, and six spoonsful of cream; cover it, and let it rise for a couple of hours or more; then shake in four ounces of carraway comfits; form the buns and strew a few over the top; bake them over buttered tins.

## ANOTHER WAY.

Sift a pound of flour, and rub in half a pound of butter; add a spoonful of yeast, or equal parts of cream and toddy as will make it into dough; let it rise; add an ounce of small carraway comfits; make it up in small rolls or cakes, and strew an ounce of the comfits over.

## COMMON SEED-CAKE.

Take half a seer of flour, half a seer of sugar, the yolks of nine eggs, and whites of twelve, beaten separately; add carraway seeds.

## SODA-CAKE.

Take three quarters of a pound of flour, a quarter of a pound of butter, and a quarter of a pound of fine sugar; rub the butter into the flour; mix with three eggs about a quarter of a pint of milk and half a small tea-spoonful of soda, candied peel, currants, or seed. To be baked as soon as mixed.

## PORTUGAL CAKES.

Mix one pound of fine flour, one pound of loaf sugar, pounded and sifted; rub these with a pound of butter until it becomes thick like bread-crumbs, then add two tea-spoonsful of rose-water, two of brandy, ten eggs well beaten with a whisk, and eight ounces of currants. Mix all well together; butter small tin shapes, and only half fill them, as the cakes will rise in baking.

## LEMON SPONGE.

Take the whites of five eggs, the juice of two lemons, three quarters of a pound of isinglass, sugar to taste; whisk to a strong froth, and put in shapes.

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## CHAPTER XV.

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### BAKING.

#### BREAD.

TAKE two pounds of good dry flour and a tea-spoonful of salt; place it on a pasteboard, slab, or table; pour into the centre a portion of good fresh toddy that is in a state of fermentation; knead this into a tolerable stiff dough for twenty minutes or more; then set it aside on a dish to rise; cover with a cloth, and generally it will be fit for the oven in two or three hours; divide it into loaves or rolls, sprinkling the surface of the slab or table on which it is divided with a little flour to prevent its sticking. The more the dough is worked, the better and lighter the bread.

*Obs.*—Where toddy from either the date or palmyra is not to be had, a fermenting liquid may be made by soaking fresh dry peas or dhal (split), in warm water until fermentation commences; this liquid strained is to be used to raise the dough.

#### BROWN BREAD

Is to be made in the same way, only flour that has not had all its bran sifted from it is to be used, a little more fermenting liquid is required, and kneading the dough for a longer time.

#### SUBSTITUTE FOR YEAST.

Mix three pounds of flour and a quarter of an ounce of carbonate of soda, along with the usual quantity of salt; knead the whole up with sour butter-milk; if very sour, half water and half butter-milk will do, but all butter-milk is preferable. The dough will be ready for baking in a quarter

of an hour, as the fermentation goes on while kneading, but it will take no harm by standing one, two, or three hours; the butter-milk must be acid, the soda pounded small and well mixed with the flour, and the oven brisk, or the bread will probably be not so good, and will taste of the soda.

*Obs.*—In making rolls or loaves, it is necessary, when cutting the piece from the mass of sponge, that it should be kneaded with a little flour, sufficient to keep it from adhering to the board.

#### GINGERBREAD CAKE.

Take one pound of flour, one pound of treacle, half an ounce of ground ginger, half an ounce of carraways, one ounce of carbonate of soda, one tea-spoonful of cream of tartar, and a quarter of a pound of butter or lard.

#### PARLIAMENT GINGERBREAD.

Flour one pound, jaggery or treacle one pound, butter two ounces, carbonate of soda one tea-spoonful. The jaggery, if used, to be melted over the fire in a very little water till it is of the consistence of thick treacle; mix well the flour and soda; then rub in the butter; afterwards pour in the treacle; mix it and knead it well; keep it covered until the next day; roll it out thin, and cut it into flat cakes, with a tin of a proper shape, notched at the edges.

#### GINGERBREAD.

Take one pound of sugar, a quarter of a pound of ginger, a pint of water, two pounds of flour, and six ounces of candied orange-peel; pound and shift the ginger, and add a pint of water; boil it five minutes, then let it stand till cold; pound the preserved orange peel, and pass it through a hair sieve; put the flour on a paste-board, make a hole in the centre, and put in the orange-peel and ginger with the boiled water; mix this up to a paste, and roll it out; prick the cakes before baking them.

## ANOTHER WAY.

Flour and treacle each one pound, butter one ounce, sub-carbonate of magnesia one ounce, or one and a half, with two ounces of the usual spices, principally ginger, to which is added cinnamon, nutmeg, all-spice, cayenne pepper, and, in the inferior kinds, black pepper. This is fit for baking in a few hours' time.

## ANOTHER WAY.

Flour two pounds, sub-carbonate of magnesia half an ounce, treacle or thick jaggery syrup one pound, butter two ounces, mixed spices four ounces, tartaric acid one quarter of an ounce, water a sufficient quantity to make into dough. This is ripe for the oven in half an hour.

## GINGERBREAD NUTS.

Half a pound of dry ginger pounded and sifted, three pounds of jaggery or goor clarified, with a little water, and the whites of eggs boiled to the consistence of treacle, two pounds of good butter beat to a cream, two and a half pounds of plain flour, a tea-spoonful of salt, one tolah-weight of cloves, cinnamon, and mace pounded, also a nutmeg, four table-spoonsful of carraway, and a half pound of preserved orange-peel finely chopped up; mix all well together, and knead it into a paste; let it stand for two or three hours; then roll out thin, and cut with a wine glass; put in the oven to bake.

## GINGER-NUTS, PLAIN.

Take two eggs well beaten up, one cup of flour, half a cup of sugar, two chittacks of butter, and two spoonsful of ginger; mix all together, and it will make four dozen.

## ANOTHER WAY.

One pound of flour, one pound of jaggery boiled to a thick syrup, with a little water, four ounces of candied preserve cut small, twelve ounces of moist brown sugar,

half a pound of butter creamed, an ounce and a half of ground ginger, with half an ounce of carraway seeds ; mix all well together ; and let it stand for three or four hours ; make into nuts, and bake on a tin.

#### ANOTHER WAY.

Take two pounds of flour ; mix well three chittacks of butter ; then add one ounce of powdered ginger, one ounce of carraway seeds, one tea-spoonful of carbonate of soda ; having done this, beat two eggs well up, and mix them with two pounds of treacle, cold ; add the flour by degrees until firm ; make into thick cakes, and bake them slowly.

#### ALMOND BISCUITS.

Mix a pound of almond paste, with a pound of sifted sugar, two ounces of rice-flour, and six eggs ; mix well ; season with mace, cloves, cinnamon, and lemon zest ; butter the moulds ; fill and sift sugar over. A very little time bakes them ; they may be coloured, pearled, or powdered with citron, pistachio, almonds, nuts, &c.

#### BISCUITS.

Take a pound of the finest flour ; add a tea-spoonful of salt ; mix it with cold water very carefully into as thick a paste as possible ; beat it out with a rolling-pin ; cut it into pieces, lay them one over the other, and again beat it out ; roll it very thin ; cut with a tumbler or glass into biscuits, and prick them well with a fork ; or else roll them into small balls, and press with a stamp.

#### SWEET BISCUITS.

To one pound of flour add eight ounces of pounded sugar, two beaten eggs, a tea-spoonful of carraway seeds, and a quarter of a pound of butter ; mix all well together ; roll it out thin ; cut into biscuits ; prick with a fork, and bake upon a tin.



## SWEET OR BISCUIT CRUST.

Put half a pound of flour on the board, put into it two yolks of eggs; mix all this till you cannot see the egg; add a good dessert-spoonful of fine-sifted sugar; work all well into the flour; then work in about two ounces of butter, and mix a little water or milk, enough to make a stiff paste; beat it with your rolling-pin well, and work well with the hand until quite smooth. Roll an eighth of an inch in thickness, either for slip or top; glaze the covered tarts, either before going into the oven or after; if first, beat up a little white of egg, spread it on the top, then cover with sifted sugar; gently sprinkle the sugar with water until all is damped; then sugar it again; bake it in a slow oven; notch the edge fine.

## MILK BISCUITS.

Dissolve four ounces of butter in a quarter of a pint of warm milk, and make it into a stiff paste with two pounds of flour; beat and work it perfectly smooth; roll it out very thin, and cut into biscuits; prick them well with a fork, and bake them upon a tin in a quick oven.

*Obs.*—You may make these biscuits sweet and lighter by adding a small tea-spoonful of pounded sal volatile (carbonate of ammonia), and after working it up well let it stand to rise for two or three hours, covered with a cloth, then divide as above directed.

## ABERNETHY BISCUITS.

Half a pint of milk, one pound of flour, two ounces of loaf-sugar, two ounces of butter, half an ounce of carraway seeds, mixed stiff and rolled very thin.

## CARRAWAY DROPS.

Beat half a pound of sifted sugar, with four eggs, for ten or fifteen minutes well together; then add two ounces of carraway seed and ten ounces of flour; lay some paper on your tins; put the mixture into a biscuit funnel, and drop it out the size of a Company's rupee; sift sugar over, and bake it in a hot oven.



## SAVOY BISCUITS

Are made in the same manner as drops, only omitting the carraway, and using two ounces less flour; put them in the biscuit funnel, and lay them the length and breadth of your finger on common paper; strew some sugar over, and bake in a hot oven.

## CARMEL BASKET.

Stick drop biscuits with caramel in any form of basket, oval, round, contracted at the top, or with an overlying edge without any ornament, or like a vase, eup, or basin.

*Obs.*—These are very ornamental for a supper-table, and may be filled with preserved fruits, &c.

## BISCUIT POWDER

Is simply dry, plain biscuits pounded; and to ensure its being pure and free from dirt, make it at home.

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## CHAPTER XVI.

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### SWEET DISHES, &c.

#### ALMONDS

MAY be served at the dessert in their skins or blanched.

*Obs.*—Put them on the table with their shells unbroken, and when required for cakes, &c., they are better for being blanched the day before.

#### ALMOND BUTTER.

Put a pint of cream on a slow fire, with eight eggs that have been well beaten and strained; stir them one way until they are ready to boil; then add a glass of any rich sweet wine, and continue stirring it until it curdles; strain off the whey, pound the curd with two ounces of almond paste and a couple of spoonsful of pounded sugar; put it into patty-pans, or turn it out in small fancy moulds. To be eaten with bread or sweet zests.

#### ALMOND PASTE.

Blanch one pound of sweet with half an ounce of bitter almonds; put them into a mortar with one pound of sugar-candy; beat the whole into a fine paste, adding orange flower, rose or plain water, in a sufficient quantity to keep them from oiling.

#### WALNUTS FOR DESSERT

Should be blanched like almonds in hot water, and the skin taken off. They are much more wholesome in this way, and it saves a great deal of trouble. If the walnuts are old, soak them for an hour in milk.

#### BLANC-MANGE.

Boil slowly a pint and a half of good cow's or buffalo's milk, with an ounce of picked isinglass, the rind of half a

lemon peeled very thin, a little cinnamon, a little mace, and two table-spoonsful of pounded sugar ; blanch and pound eight bitter and half an ounce of sweet almonds very fine, with a little rose or orange-flower water, and mix them with the milk ; strain it through a napkin into a basin, with half a pint of good cream ; give it a warm-up ; then pour it into a jug or basin, and let it stand for half an hour for any sediment to fall to the bottom ; when it begins to cool, fill your moulds ; when wanted, put your fingers round the blanc-mange and take it out, and set carefully in the centre of your dish.

*Obs.*—A glass of noyveau may be substituted for the almonds, or a few peach-leaves boiled in the milk.

#### BLANC-MANGE, PLAIN.

Put an ounce of isinglass in a tea-cup of water, and dissolve it gently over the fire ; then take a quart of rich buffalo's milk, and put the peel of a lime cut very thin, a few peach leaves, a little cinnamon and mace, with two table-spoonsful of pounded sugar and the dissolved isinglass, and give it a boil for a few minutes, stirring the whole time ; then strain through a napkin, and let it settle and cool, when pour it into your moulds.

*Obs.*—To remove it, dip the mould, if necessary, for a second or two in warm water ; clap it with the hand to loosen the edge ; put your dish over the mould, and turn it out quickly.

#### BLANC-MANGE EGGS FOR A HEN'S NEST.

Make a small whole at the end of as many eggs as you please ; let out all the egg carefully ; wash and drain the shells, then fill with blanc-mange ; place them in a deep dish, with clean sand, to keep them steady, or any grain will answer ; when cold and firm, remove and gently break off the shell ; cut the peel of a lemon into delicately fine shreds,

and lay the eggs upon it, or put them into coloured cream, or upon candied lemon or orange-peel. This latter is then called "a hen's nest."

#### DUTCH BLANC-MANGE.

Two ounces of isinglass steeped one hour in half a pint of boiling water; add to it nearly a pint of white wine, the juice of three and rind of one lemon, the yolks of eight eggs beaten. Sweeten to your taste with loaf-sugar, boil this up together, and strain it; dip your shapes in cold water.

#### ARROWROOT BLANC-MANGE.

Mix half a pint of cold water with two ounces of good arrowroot; let it settle for fifteen minutes; pour off the water; add a little peach-leaf water or almond essence in water and a little sugar; sweeten a quart of new milk; boil it with a little cinnamon and the peel of a lime cut very thin; strain through a napkin upon the arrowroot, stirring it all the time; give it a simmer upon the fire; put it into a mould, and serve the following day.

#### RICE BLANC-MANGE.

Put a tea-cupful of whole rice into the least water possible till it almost bursts; then add half a pint of good milk or thin cream; boil till it is quite a mash, stirring it the whole time it is on the fire, that it may not burn; flavour with spices, lemon-peel, &c., and sweeten with pounded sugar added with the milk, take out the lemon-peel before you put it in the moulds; dip a shape in cold water, but do not dry it; put in the rice, and let it stand until quite cold, when it will turn easily out. This dish is eaten with cream or custard and preserved fruits.

#### WHITE POT.

Sllice some bread nicely; lay it in the bottom of a dish, and cover it over with marrow; season a quart of cream or

new milk with nutmeg, mace, cinnamon, and sugar; boil and strain it; beat six yolks of eggs, put them to the cream, and pour it over the bread; bake in a moderate oven, and sift sugar over it, or rasped almonds, citron, orange-peel, and sugar.

#### ALMOND CUSTARD.

Blanch and pound with two table-spoonsful of orange-flower water, a quarter of a pound of almonds; add rather more than a pint of cream or milk, and the well-beaten yolks of five eggs; sweeten with pounded loaf-sugar; stir it over a slow fire till it thickens—do not let it boil; serve in a glass dish; put over the top sifted loaf-sugar or grated nutmeg.

#### ANOTHER WAY.

Blanch and pound six ounces of sweet and half an ounce of bitter almonds, with two table-spoonsful of sifted sugar and a large spoonful of rose water; add this by degrees to a pint of warm milk that has been flavoured with a little cinnamon and lemon-peel, strain the whole through a fine sieve, and add a pint of cream, with the yolks of eight eggs and the whites of three well beaten; put over the fire, and stir until it is of a good thickness; then remove from the fire and continue stirring until nearly cold to prevent its curdling.

*Obs.*—This may be baked in cups or in a dish, with a puff paste round it.

#### MADEIRA CUSTARD.

Beat up one pint of cream to a froth, with three quarters of a pound of white sugar; dissolve one ounce of isinglass, and stir it in together, with six glasses of Madeira; beat all well together, and pour it into the dish it is to be served in; it must stand in a cool place three or four hours. Serve sweet cakes with it.

#### PLAIN CUSTARD.

Sweeten a quart of good milk with pounded sugar; boil it with a bit of cinnamon and the peel of a lime cut thin; if you

wish to flavour it with almonds, add three pounded bitter ones or four or five peach leaves ; strain it, and when a little cooled mix in gradually the well-beaten yolks of ten eggs, stir it over a slow fire until it is perfectly thick ; pour it into a basin, and add a table-spoonful of brandy or noyeau ; keep stirring it every now and then till cold.

*Obs.*—This makes the custard thick enough for baking or to put into a trifle ; for glasses four eggs are sufficient for a pint of milk. Two or three bitter almonds blanched and pounded into a paste may be added. The whites of the eggs should always be turned to account and not wasted ; they answer for lemon cream, trifle, or may be boiled and cut into zests, &c.

#### ORANGE CUSTARD.

Sweeten the strained juice of ten oranges with pounded sugar ; stir it over the fire till hot ; take off the scum, and when nearly cold add to it the beaten yolks of ten eggs and a pint of cream ; put it into a saucepan, and stir it over the fire until it thickens ; be careful not to let it boil ; serve in glasses or in a dish.

#### MANGO FOOL

Is prepared by adding cold milk and sugar to the pulp of green boiled mangoes in such quantity as the maker chooses ; the milk must be added by a little at a time, stirring it well with the mangoes, otherwise it will not be smooth.

#### LEMON OR ORANGE CREAM.

Take a good-sized lemon or three limes, and squeeze the juice into a large bowl or pan ; make it very sweet ; pare some of the rind thin, and put it into the pan ; put three pints of boiling-hot cream into a teapot, and setting the pan on the ground, pour the cream upon the lemon, holding the teapot high that it dribble ; some one should be stirring the bowl as you pour in the cream to mix well the lemon and sugar, it will then be fit for use. One orange and half a lemon is very good, but orange alone requires more juice.



## PYRAMID CREAM.

Sweeten a quart of cream; boil, skim it, and boil it again till all the cream that will rise has been procured; add any seasoning or lemon-juice to it which will make it very white; put in a well-beaten white of egg, with a little good sweet wine and orange-flower water; wipe it very well, and lay it to drain on a sieve. When it is drained, if it is to be served in a glacier form, turn down a small glass dish over a large one, leaving the dish to be seen like ice here and there, and heap up the cream in irregular pointed pyramids or broken masses. Through these may be introduced little chocolate figures, chamois or goats made of chocolate gum paste, and the dish set in a dish of moss to spread round it, or it may be dressed round with white sugar-candy in irregular lumps.

## ALMOND CREAM.

Blanch and pound to a paste, with rose-water, six ounces of almonds; mix them with a pint and a half of cream which has been previously boiled, with the peel of a lime cut very thin; add two eggs well beaten, and stir the whole over the fire till it be thick; sweeten it, and when nearly cold stir in a table-spoonful of orange-flower or rose water.

## LEMON CREAM.

Mix with a quart of cream the thinly-pared rind of a large lemon, or three limes and four spoonsful of strained juice; sweeten with pounded sugar; whisk it in a large pan, and as the froth rises, lay it on a sieve or a strained cloth over a dish; as it drains, continue to pour the cream back into the pan until it is all done; remove the lemon-peel; put a piece of muslin into an earthenware or tin shape, with holes in it; fill it with the whipt cream heaped as high as possible; set it in a cool place, and turn it out in twelve hours.

*Obs.*—This cream had better be served in a glass dish as soon after it is made as possible. It does not stand long in this climate.

## ITALIAN CREAM.

Sweeten a pint of cream with fine-pounded sugar; boil it with the thinly-pared rind of a ripe lime and a bit of cinnamon; strain and mix it with half an ounce of dissolved isinglass; add it while hot to the well-beaten yolks of six eggs; stir it till quite cold, and put it into a shape or mould.

## SOLID CREAM.

Put two table-spoonsful of strained lime-juice upon four spoonsful of pounded sugar; add two table-spoonsful of brandy and one pint of cream; pour it from one cup into another until it be sufficiently thick.

## BURNT CREAM.

Boil a pint of cream, with the peel of a lemon or lime; sweeten it with pounded loaf-sugar; beat with the yolks of six and the whites of four eggs, one table-spoonful of arrow-root or flour, the same of orange-flower water and of ratafia; strain the cream, and when cold mix it with the eggs and other things; stir it over the fire until it is as thick as a custard; put it into a dish; strew sifted sugar over the top, and brown with a salamander; serve it cold.

## ANOTHER WAY.

Beat with the yolks of four eggs a table-spoonful of flour, the grated peel of a lime and three pounded bitter almonds; sweeten it with sugar, and stir it over the fire till it becomes as thick as a custard; put it into the dish it is to be served in; boil with a little water some pounded sugar-candy until it becomes brown, but do not stir it till taken off the fire; by degrees pour it in figures over the top of the cream. It may be eaten cold.

## LEMON FIRM CREAM.

Steep the thinly-pared rinds of eight limes in a pint of water for twelve hours; strain and dissolve in it three quarters of a pound of sifted sugar, the juice of the limes strained, and the

well-beaten whites of seven with the yolk of one egg; boil it over a slow fire, stirring it constantly one way till it is like a thick cream; pour it into a glass dish.

#### RASPBERRY CREAM.

Put six ounces of raspberry jam to a quart of cream; pulp it through a fine sieve; mix it with the juice of a lime or two and some pounded sugar; whisk it till thick; serve in a dish or glasses.

#### ITALIAN CREAM.

Rub on a lump of sugar the rind of two limes or a lemon, and scrape it off with a knife into a deep dish or China bowl; add half a wine-glass of brandy, two ounces and a half of sifted sugar, the juice of a lemon or two limes, and a pint of thick cream; beat it up well with a clean whisk; in the meantime boil an ounce of isinglass in a quarter of a pint of water till quite dissolved; strain it to the other ingredients, beat it some time, and fill your mould; when cold and set well, turn it out on a dish, and garnish with candied orange or lemon-peel cut in slices and place round.

*Obs.*—It may be frothed with a chocolate-miller.

#### VANILLA CREAM.

Boil half a stick of vanilla in a quarter of a pint of new milk until it has a very high flavour; have ready a jelly of an ounce and a half of isinglass to a pint of water, which mix with the milk and a pint of fine cream; sweeten with fine sugar unbroken, and stir till nearly cold; then dip a mould into cold water, and pour the whole into it; make it the day before it is wanted, or else set it in ice to get firm.

#### TRIFLE.

Cover the bottom of your dish with sponge-cakes or Naples biseuits divided into quarters; add some broken macaroons or ratafia cakes, just wet them through with sweet white wine or any other; cover the macaroons with raspberry jam

or any other jam with some guava jelly; then pour over a rich thick custard, and cover the whole with a whipt cream as high as you can place it; sprinkle trifle comfits on the top, or garnish with different coloured sweetmeats. Make your whip as follows:—Mix in a large bowl a quarter of a pound of finely-sifted sugar, the juice of two lemons, some of the peel grated fine, two table-spoonsful of brandy or noyeau and one of sweet wine, and a pint and a half of good cream; whisk the whole well, take off the froth as it rises with a skimmer, and lay it on a sieve; continue to whisk it till you have enough to cover your trifle.

*Obs.*—A little noyeau or maraschino may be added to the sponge-cake; in fact, it may be flavoured as fancy directs, and covered with everlasting syllabub.

#### SNOW EGGS FOR TRIFLES, &c.

Beat the whites of eight eggs until they form a very thick froth, which will take at least half an hour; put a pint and a half of milk to boil; when it boils place upon its surface as many table-spoonsful of the whipt whites of eggs as will stand upon it without touching each other; as each spoonful becomes cooked and assumes the appearance of snow, take it off, and put on another until all the whip is done; as you take off the snow from the milk, put it on a hair sieve to drain; when all the snow is done, add to the milk a bit of lemon-peel and sugar enough to sweeten it well; as soon as it has acquired the flavour of the lemon-peel, stir into it the yolks of the eight eggs beaten up with a table-spoonful of orange-flower water; when of proper consisteney, but not so thick as cream, pour it into a cream-dish, and use it as directed for trifle, ornamenting the snow with thin slices of red currant jelly.

#### FLOATING ISLAND.

Make a good rich custard, and lay it in a trifle-dish; then for the foundation of the island, place in the centre of the

dish a circular layer of slices of sponge-cake or French roll dipped in wine; then a layer of calf's foot jelly, then cake, or roll, then red currant jelly or any other, then cake and so on; lay any preserve alternately with the cake, varying the colours, and taking care to preserve an equilibrium; diminish in ascending pyramidically, and crown the summit with a good whip; sprinkle with trifle comfits and very small bits of coloured preserves; avoid too great a weight at the summit. Decorate the dish with paste ornaments or ratafia cakes.

#### SYLLABUBS.

Devonshire syllabub is made with one pint of sherry and the same quantity of port, with sugar to taste; it is then put into a bowl and milked upon until nearly full; in twenty minutes it is covered with clouted cream; put some pounded cinnamon and nutmeg grated over it. The milk must be warm from the cow to have it in perfection; but as it is liable to be attended with accident, the safest way is to pour the milk warm and fresh taken from the cow on to the wine from a height into the bowl.

In some counties, cyder, home-made wine, ale, or verjuice is used.

#### SYLLABUB EVERLASTING.

Sift half a pound of sugar-candy into a pint and a quarter of cream, half a pint of sweet wine, the juice of six limes or three small Seville oranges, the zest of four ripe limes zested with sugar, and a spoonful of orange-flower water; froth it well with a chocolate-miller, and dress it into glasses.

#### DEVONSHIRE JUNKET.

Turn some new milk, as for curds, in a wide shallow dish; when firm, pour over the top clouted cream, mixed with pounded sugar, a little brandy, and some grated nutmeg.



## ARROWROOT MILK.

Mix two or three table-spoonsful of arrowroot with half a pint of cold water; stir it up well to clean it; let it stand for a few minutes, and pour off the water; stir in some pounded sugar; boil a pint of milk, and pour it gradually upon the arrowroot; give it a boil-up, and keep stirring it the whole time; or it may be made with water in which a little essence of lemon has been dropped, or the peel boiled, with a glass of port or white wine, and a little nutmeg stirred into it.

## ARROWROOT WATER.

Boil the peel of half a lemon or a lime in a quart of water; pour it over a table-spoonful of arrowroot that has been washed, and the water poured off; stir it well; sweeten with sugar, and give it another boil; squeeze in a little lime-juice, and let it cool. This is a most grateful drink to a sick person.

## ARROWROOT JELLY.

Steep the peel of a lime in a wine-glass of hot water and three or four bitter almonds pounded; strain and mix it with three table-spoonsful of arrowroot that has been well washed, three spoonsful of lime-juice, and one of brandy; sweeten and add a pint of clear water; put it on the fire, and stir until quite thick; turn it into a mould or jelly-glasses.

## ALE POSSET.

With a quart of a new milk mix the grated crumb of a roll (or a tea cup of crumbs), the beaten yolk of one egg, and a little butter; put it into a saucepan on the fire; stir it till it boils, and let it simmer for a short time; then stir in a pint of hot ale, some sugar and grated nutmeg; boil all together, and serve in a dish.

## FURMETY.

Bruise coarsely one pound of wheat, then boil it in water until it is soft; pour off the water, and warm it up in a quart



of milk, with half a pound of dried currants and a pound of raisins stoned, some sugar, cinnamon, and nutmeg. It takes about twenty minutes to boil the ingredients.

#### FLUMMERY OF WHEAT.

Put a seer of wheat into an earthen vessel, and cover it with water; let it simmer very gently until it becomes a jelly, then add twice its quantity of fresh milk, with four table-spoonsful of currants boiled; beat up with a little milk the yolks of four eggs, and mix all together; set it over the fire, but do not let it boil; sweeten with sugar, and season with grated nutmeg and cinnamon. It may be eaten hot or cold.

#### SOUFFLES

Are all prepared in the same way, and vary only in the flavour given to them; they should be served as soon as ready, or they are liable to sink, and not fit to be eaten.

#### SOUFFLES A LA VANILLE.

Prepare the case by lining a raised pie mould with paste; fill the centre with bread-crumbs to prevent its falling, and finish the edges as for a raised pie; bake it of a light brown colour; when done, remove the crumbs; tie a band of buttered paper four inches broad around the top, and it is ready to be filled, or else use a soufflé case made of silver or tin; but as they fall sooner after being taken from the oven, the paste is to be preferred.

Put half a pound of butter in a stewpan and mix in three quarters of a pound of fine flour, without melting it; have ready a quart of milk lukewarm that has been well flavoured with vanilla; pour it over the flour; stir it over a sharp fire, and boil for five minutes; then add quickly the beaten yolks of ten eggs, with half a pound of sifted sugar, and let it cool. An hour and a quarter before you serve, whip the whites of the eggs very firm; stir them into the mixture lightly; pour

it into the case, and bake in a moderate oven for near an hour ; when ready to serve, remove the band of paper from the case ; take the soufflé out of the mould, and serve immediately.

#### SOUFFLE AU MACARONI.

Take half a pound of pipe macaroni ; boil it carefully until tender ; then drain upon a cloth, and cut it into very small pieces ; make half the preparation as directed for soufflés à la vanille ; flavour with a little essence of bitter almonds ; when the paste is becoming thick over the fire, stir in the macaroni ; and again, when nearly boiling, the yolks of ten eggs ; and when cold, add the whites, finishing as previously directed.

#### SOUFFLES OF SWEET POTATO.

Procure the finest tubers ; boil first and then bake them in hot embers until dry and floury ; scoop out the inside, and mix with half a pint of cream that has been boiled and flavoured with lime-peel ; to this add a little sugar, butter, and salt ; mix up the yolks of four eggs only, and add to the potatoes ; next beat up the whites of six well and mix ; pour the whole into a soufflé dish, add to it a table-spoonful of fresh butter and bake in a moderate oven ; when done, sift a little sugar over and use the salamander. Common potatoes may be used instead of the sweet.

#### RICE FLUMMERY.

Take four table-spoonsful of ground rice, a pint and a half of new milk, the zest of a ripe lime, and sweeten to taste ; mix the rice first with a little of the milk ; boil the rest, and stir the rice into it ; continue boiling for a few minutes, when turn it into a mould or basin until quite cold. Serve with custard or cream poured over it.

#### WHEY.

Put a pint of milk lukewarm into a dish ; add to it half a table-spoonful of rennet ; when the curd is formed, put it on a sieve, and divide it with a spoon to allow the whey to escape.

## WHITE WINE WHEY.

Put half a pint of new milk on the fire ; the moment it boils, pour in as much white wine as will turn it, and it looks clear ; let it boil up, then set the saucepan aside till the curd subsides, but do not stir it ; pour the whey off : add to it half a pint of boiling water and a little white sugar.

## ANOTHER WAY.

Make a pint of milk boil ; put to it a glass or two of white wine, put it on the fire till it boils again, then set it on one side till the curd has settled ; pour off the clear whey and sweeten as you like.

## CLARIFIED MILK WHEY.

Prepare six pints of whey as in the first receipt ; add the whites of three eggs and half a drachm of cream of tartar : boil and filter through a napkin.

## LEMON WHEY.

Take the juice of two limes and add to it a pint and a half of milk, let it simmer a little and strain ; sweeten with pounded sugar.

*Obs.*—The curd may be used for several purposes, such as cheese-cakes, butter, &c.

## PAP FOR CHILDREN.

Put two ounces of rusks or tops and bottoms in a small saucepan with just enough of water to moisten them ; set the saucepan on the fire till the contents are thoroughly warm ; pour a little of the water away if too thin, pressing the rusks with a spoon ; add a tea-spoonful of brown sugar, and beat the whole till quite a pulp.

## FRENCH PAP.

Put a table-spoonful of flour into a pap saucepan, to which add by degrees two gills of milk, mixing very smooth :

let it boil ten minutes, keeping it stirred *all* the time; then add half an ounce of sugar and a little salt; a little butter is also very good in it.

#### BREAD AND MILK.

Let the milk be on the point of boiling, and pour it on the bread; cover it for five minutes.

#### CAUDLE.

If you wish it thin, mix by degrees in a basin one table-spoonful of oatmeal with three of cold water; if it is to be thick, add two spoonsful of oatmeal; have ready in a saucepan a pint of boiling water or milk; pour this by degrees to the mixed oatmeal; return it to the saucepan; set it on the fire to boil for a few minutes, stirring it all the time to prevent its browning at the bottom of the pan; skim and strain through a hair sieve; add ale, wine, or brandy, with sugar and nutmeg; without these ingredients, it is plain gruel.

#### WATER GRUEL.

Rub smooth a large spoonful of oatmeal, with two of water, and pour it into a pint of water boiling on the fire; stir it well, and boil it quick, but take care it does not boil over; in a quarter of an hour, strain it off, and add salt and a bit of butter immediately before being eaten; stir until the butter be incorporated.

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## CHAPTER XVII.

## JELLIES AND JAMS.

## CALF'S-FEET JELLY.

TAKE four calf's feet, wash them well, slit them in the middle, take away the fat, wash them again in lukewarm water, then put them in a stewpan, and cover with water; when the liquor boils, skim it well; let it simmer gently for six or seven hours, that it may be reduced to about two quarts, then strain it through a sieve, and set the liquor to cool (this may be done the day before), when you may remove all the fat and oily substance. Put the liquor into a stewpan, with a pound of sugar, the peel of two lemons and the juice of six, six whites of eggs and shells beat together, a pint of white wine, and a little cinnamon; whisk the whole until it is on the boil, then set it on one side, and let it simmer for a quarter of an hour; strain it through a jelly-bag, then return what is first strained back again, when it will be quite clear and ready for the jelly-moulds. If the weather is very cold, the bag must be kept near the fire, or lighted charcoal in chafin-dishes placed close to it.

*Obs.*—Be very particular that your jelly-bag is sweet and clean, else the jelly will certainly be tainted; mix the jelly, if looking ever so clear, with a glass of wine, and you will detect the musty disagreeable flavour immediately. It may be flavoured by the juice of fruits and spices, coloured with saffron, cochineal, red-beet juice, spinach, claret, &c. fruits, such as green or red grapes, peaches, &c., may be laid in the mould just as it is thickening.

*Obs.*—Six or eight sheep's trotters are fully equal to a fine calf's foot; they require cleaning and preparing in the same manner. If the jelly is required to be very strong, add half an ounce of isinglass dissolved in a wine glass of water; let it remain a little longer on the fire to boil up.



## SHEEP'S-FEET JELLY.

Take twenty-four or twenty-eight sheep's trotters; clean them nicely, and prepare exactly as for calf's-feet jelly; cover them with water, and when the liquor boils, skim it clear, and let it simmer gently until reduced to a couple of quarts; strain it through a tamis or sieve, and let it stand until quite cold, when you may remove every part of the fat and oily substance, without wasting any of the jelly; put it into a stewpan to melt, with half a pound of sugar, some cinnamon and a few cloves, the thin cut peel of two limes, the juice of eight, six whites of eggs well beaten together, and a pint of white wine; whisk the whole well up until it is on the boil, then put it on the side of the stove or fire, and let it simmer a quarter of an hour; strain it through a jelly-bag as directed in the last receipt.

*Obs.*—Jelly may be made of chickens, cow-heels, sugar and lemon, instead of wine, brandy, noyau or curaçoa; it is better for being broken and set in glasses on the table, as the air improves the flavour.

## FRUITS IN JELLY.

Such as bunches of grapes and strawberries, have a handsome appearance when moulded in jelly; peaches, green-gages, cherries, apricots, &c., preserved in brandy, are also elegant. They must be dipped in water, dried, and put into the jelly as it is about to set.

## COLOURING FOR JELLIES, CREAMS, ICES, &amp;c.

## RED.

Boil very slowly in a wine-glass of water, till reduced to one-half, twenty grains of cochineal, the same quantity of alum and cream of tartar finely pounded; strain and keep in a phial.

## YELLOW.

Use an infusion of saffron or sapan seeds.



## GREEN.

Wash well and pecl into bits a handful of spinach leaves ; put them into a closely-covered saucepan, with a glass of water, and express the juice after boiling a few minutes. Red beet also yields a deep purple red, so does the ripe fruit of the prickly pear. Parsley greening is also used, prepared as spinach.

## ORANGE OR LEMON JELLY.

Zest three lemons or six limes, two Seville and two sweet oranges ; mix this with the juice of the whole, and leave it for twelve hours ; boil half a pound of refined sugar in two wine-glasses of water to near candy height ; put it into a basin, and when cool strain the juice into it ; put an ounce of isinglass into a pint of water ; simmer it gently until it becomes a strong jelly ; mix in the lemon-juice and sugar, and stir it until it is almost cold, when fill your moulds or glasses.

*Obs.*—Grape, currant, or any other fruit jellies may be made in the same manner.

## MARASCHINO JELLY.

Make a quart of firm calf's-foot jelly, to which, when melted, add six liqueur-glassesful of maraschino and two of brandy, or else dissolve an ounce and a half of isinglass in a pint of water, the juice of three large limes, with half a pound of sugar ; pass through a napkin or jelly-bag ; add two wine-glassesful more water with the maraschino and brandy ; when partly cold, place in your mould, and set it in ice.

## JELLY OF GRAPE, RASPBERRY, AND CURRANTS.

Pick the fruit when perfectly ripe, and as soon as it is clean, put it into a stone jar ; set it in a saucepan three parts filled with cold water, with some straw beneath ; put it on a gentle fire, and simmer it for half an hour, take the jar from the saucepan, and pour the contents into a jelly-bag ; strain

the juice twice, but do not press the fruit ; to each pint of juice add a pound and a half of sugar ; put it into the preserving pan, and simmer it gently for thirty or forty minutes, stirring and skimming it the whole time until it is perfectly clear, when put it into jars, and cover carefully.

*Obs.*—Half a pint of either of these jellies dissolved and added to brandy or vinegar will make either of the same name. All fruit jellies are made precisely in the same manner, but if less sugar is employed they require more boiling, by which there is a great waste of juice and flavour by evaporation ; besides, the appearance is often lost, and the best way is the cheapest in the end.

#### GUAVA JELLY.

Take four seers of ripe guavas ; peel and divide them into quarters ; boil them in a small quantity of water, and strain the juice through a cloth or bag ; add the juice of ten limes, with one pound of sugar-candy ; boil and skim it very carefully until it is reduced to a proper consistency, and the colour of a deep reddish brown, when pour it into a jar at once ; if bottles are used, the jelly must be first allowed to cool a little.

*Obs.*—In making a large quantity of jelly, from thirty to forty seers of guavas, the juice that runs from them must be well reduced by boiling and skimming before the sugar is added. Perhaps a little more sugar may be necessary than the quantity laid down ; my receipt says two tea-cupsful of sugar-candy to four seers of guavas. The above receipt will only make two tea-cupsful of jelly, though the same quantity of sugar be added to it.

#### JAMOON JELLY.

Get the finest fruit quite ripe ; wash it well ; to four pounds add half a pint of water, and boil the whole in a saucepan till quite soft ; then strain the fruit through a

towel ; to each pint of juice add two table-spoonsful of lime-juice ; reduce it again by boiling to one-half, and to each pint that remains add one pound and a half of sugar-candy ; boil the whole over a clear charecoal fire, removing the scum as it rises ; try the jelly in a spoon, and when it sets, remove and fill your jars or bottles. This jelly is of a deep purple colour, and equal to Roselle or any other.

#### TAPIOCA JELLY.

Wash your tapioca in cold water two or three times, then soak it in fresh water five or six hours (add a little lime-peel) ; simmer it in the same until it becomes quite clear, then add lemon-juice, wine, and sugar. It thickens very much.

#### TAPIOCA IN MILK.

Take two table-spoonsful and boil it in a pint of milk, adding sugar to the taste. Water may be substituted for milk.

#### JELLY, INVALID.

Cut the crumb of a roll into thin slices, and toast them equally of a pale brown ; boil them gently in a quart of water till it becomes a jelly, which may be known by putting a little in a spoon to cool ; strain it ; add a little lemon-peel and sugar. Wine may be added.

#### ANOTHER WAY.

Put bread-crumbs and red currant jelly, or any other alternately into a tumbler until half full ; then fill up with boiling milk.

#### PEACH JAM.

Wipe or clean the peaches with a soft brush, so as to remove all the dust ; then scald them in a stone jar by placing it in a kettle of boiling water over the fire until done ; turn out the fruit ; remove the skin and stones, and add an equal quantity by weight of pounded sugar-candy to it ; place the whole in a preserving pan over a clear charcoal

fire; let it boil up gently three or four times; skim it carefully, and a few minutes before you remove the jar from the fire, mix with it the blanched kernels and fill your jars or wide-mouthed bottles; when cool, stopper or cork them down tight.

#### PEACH JAM WITH GREEN MANGOES.

Prepare the peaches as for cheese in the next receipt; to each pound of pulp add a large green mango, peeled and sliced, with one pound and a half of sugar-candy; put the whole into a preserving pan, and let it boil, stirring it from time to time that it may not burn; remove any scum that rises, and when it thickens and will jelly on a plate it is done enough; before taking from the fire, add the blanched kernels; put it into jars or wide-mouthed bottles for use.

#### PEACH CHEESE.

Pick any quantity of ripe peaches; put them into a stone jar, and bake them in an oven until they are soft, or boil the jar in a kettle of water; then stone and rub them while hot through a cullender; put the pulp and juice into a preserving pan, adding to every pound of pulp and juice a pound and a half of sugar (blanch the kernels of the stones, and keep them on one side); simmer gently and remove any scum, then add the blanched kernels of the stones; stir these well in a few minutes before you remove the pan from the fire; put into moulds sprinkled with arrowroot, and set to dry.

#### APRICOT JAM.

Weigh equal quantities of pounded sugar and of apricots; pare and cut them quite small as they are done; strew over them half of the sugar; the following day boil the remainder, and add the apricots; stir it till it boils; take off the scum, and when perfectly clear, which may be in twenty

minutes, add a part of the kernels blanched, and boil it a minute or two more.

*Obs.*—Dried apricots strung on thread are brought from Bussorah, and sold in the bazars at the presidencies, and require, like all other dried fruit, to be soaked before using.

#### APRICOT MARMALADE.

Pare and stone ripe apricots ; slice them and boil a pound of sugar for each pound of fruit ; let it nearly come to a candy height, then add the fruit, and boil it very quick, removing the scum carefully ; when clear, take it from the fire, and in potting put in the kernels.

#### FIG JAM.

Collect the ripest fruit and skin them ; lay them in a China bowl for a night, sprinkled over with pounded sugar-candy ; to each pound of fruit allow the same quantity of sugar ; place the whole in a preserving pan over a clear fire, and skim it clear until the fruit begins to jelly, when remove and fill the pots in which it is to remain.

#### RASPBERRY JAM.

Bruise gently with the back of a wooden spoon six pounds of ripe and freshly gathered raspberries ; boil them over a brisk fire for twenty-five minutes ; stir them with half their weight of good sugar, roughly powdered ; and when it is dissolved, boil the preserve quickly for ten minutes, keeping it well stirred and skimmed. When a richer jam is wished for, add to the fruit at first its full weight of sugar, and boil together twenty minutes.

#### QUINCE MARMALADE.

When the fruit is not an object, pare, core, and quarter some of the inferior quinces, and boil them in as much water as will nearly cover them until they begin to break ; strain the juice from them, and for the marmalade put half a pint



of it to each pound of fresh quinces. In preparing these, be careful to cut out the hard strong parts round the cores; simmer them gently until they are perfectly tender, then press them with the juice through a coarse sieve, put them into a perfectly clean pan, and boil them till they form almost a dry paste; add for each pound of quince and the half pint of juice, three quarters of a pound of sugar in fine powder, and boil the marmalade for half an hour, stirring it gently without ceasing. It will be very firm and bright in colour. If made shortly after the fruit is gathered, a little additional sugar will be required; and when a richer and less dry marmalade is better liked, it must be boiled a shorter time, and an equal weight of fruit and sugar must be used.

#### RED TAMARIND JAM.

Take two seers of unripe red tamarind; clean the pods and take out the seeds, then soak the pods in cold water for two hours; make a seer and a half of sugar into syrup; put the tamarind with a little cinnamon in the syrup; boil it for ten minutes on a quick fire; remove the tamarind from the syrup, and boil until thick; put back the tamarind to the syrup, and slowly boil the whole for fifteen minutes.

#### TAMARIND, TO PRESERVE.

Take off the outer shell, and split the tamarind lengthways, in order to remove the seeds; take four times its weight of sugar; after the seeds have been taken out of the tamarind, make it into a thick syrup, which must be well boiled, with the juice of three or four limes squeezed into it; strain it and put in the tamarind, let it remain for a few minutes on the fire, then take the pan off, and put it with syrup into jars well covered. In the course of a short time, a thick crust will appear on the top of each jar, which will exclude all the air, and preserve the tamarind good for a long time if not disturbed. The tamarind should be selected of the finest red, and gathered just before it is ripe, otherwise it will

be stringy, scarcely any pulp left, and the seeds difficult to extract. Care should be taken not to allow the tamarind to remain long in any brass or copper vessel. The syrup should be thick at first, because the juice of the tamarind will speedily thin it.

#### ANOTHER WAY.

Gather the tamarind before it is ripe; take off the skin, slice it in two, and remove the stones; let it soak in alum and water during one night, and preserve it the next day. To three seers of fruit put two and a half seers of sugar-candy made into a syrup; let the fruit boil gently until it becomes quite soft; then take it out of the syrup, and allow the latter to boil until it becomes thick; put the tamarind into jars, and pour the syrup over it.

#### FRENCH PLUMS PRESERVED.

Take any quantity of French plums, give them one boil in plain water; strain it from them, and spread them out on a dish or cloth; make a syrup of sugar, and put the plums into it; simmer gently for a quarter of an hour, and then put them in a jar for use.

#### GREEN GINGER PRESERVE.

Scrape and clean your green ginger well; to each pound of ginger put a pint and a half of water; boil it down to one pint or less; skim it carefully while boiling; then strain off the liquid and add one pound of sugar-candy, and boil the ginger in it until tender.

#### ORANGE CHIPS, LEMON OR PULPED MARMALADE.

Carefully remove the skin, cut it up into thin slices, and soak in salt and water for a couple of days; then throw the salt and water away and add fresh water only, removing the chips as soon as the salt is taken out; boil them till tender; clarify two pounds of sugar in a pint of water for each pint of juice and pulp, boil together till clear; to every pound of

this jelly add half a pound of the chips that have been previously prepared, as follows: dissolve a pound of sugar in a wine-glass of water to each pound of chips, and boil it clear for twenty minutes; boil altogether for a few minutes, and put it up in pots.

#### CHIPS ONLY.

When the chips have been prepared as above directed in syrup for twenty minutes, remove and dry them in a stove, or else in the sun, sprinkling fine sugar over them.

#### ORANGE CHIPS

Are prepared in a similar manner.

#### PUMPLENOSE PEEL CANDIED.

Take the ripest and yellowest fruit fresh from the tree; slice the outside into quarters or more down to the fruit, and pare it off clean; cut away very thin the external rind, and remove as much of the soft inside as will leave the slices a little more than a quarter of an inch thick; soak them in water for twelve hours; boil them in fresh water until soft; strain and let them cool. Make a strong syrup with the juice of the fruit, some water and sugar-candy, in this place and boil the peel until it is perfectly saturated with the syrup; drain off the syrup from the preserve, which place on a dish in the sun, and sprinkle it well with sifted sugar; when dry, bottle it.

*Obs.*—Soft sugar may be used, and one pound, if fine and clean, will be sufficient for a moderate-sized pumple-nose.

#### ORANGE PEEL CANDIED.

Boil the peels in several waters till they lose their bitterness; then put them into a syrup till they become soft and transparent, when they may be taken out, drained, and dried in the sun; sprinkle a little pounded sugar over them.

## MANGOES, TO PRESERVE.

Take any quantity of the finest unripe mangoes; peel and divide them in half, stones and all, removing the seeds; then weigh the mangoes; to each pound allow a pint of water and a pound and a quarter of sugar-candy; put the whole into a stewpan and boil gently, removing all the scum as it rises; when the mangoes appear clear and sufficiently done, remove from the fire, and let stand till cold; then put into bottles or jars for use or keeping.

## MANGO JELLY.

Peel and cut any quantity of unripe mangoes free from stone; put the slices into a preserving pan, with a sufficient quantity of water to cover them, and boil gently till quite soft; strain the contents through a jelly-bag or cloth; to each pint of juice add a pound and a half of good sugar pounded, and when it is dissolved put it into a preserving pan, set it on the fire, and boil gently, stirring and skimming it the whole time till no more scum rises, and it is clear and fine; pour into pots while warm; and when cold, cover it down close.

## OSEILLE OR ROSELLE JAM AND JELLY.

Cut off the lower part of the stem from the fruit, with a portion of the top; remove the seeds, wash and pick the fruit clean, then put it into an earthen jar or rather vessel, which place in a large saucepan of water; add to each pound in weight of fruit a wine-glass of water; boil the whole briskly for several hours, or until the fruit has formed into a jelly, when remove it, and to each pound add the same quantity of sugar; put the whole into a jelly-pan, and boil it as any other jam. If jelly is to be made, clean the fruit as directed, and prepare it by boiling in a similar manner; put it into a bag or cloth, and strain off all the juice; add the

sugar in the same proportion as for jam; skim it carefully whilst boiling; and when made, turn it out into your jars.

*Obs.*—This jelly, if made with fine sugar-candy, is as clear as any red currant and of equal flavour. A wine is made from it in the West Indies.

#### KURUNDER JELLY.

Pick the fruit and wash it clean; place it in a jar or other vessel, which put into a saucepan of water, and boil until the whole of the juice can be expressed; then strain it through a cloth or bag; add equal quantities of sugar-candy, boil and skim it carefully; try its consistency by placing a little on a plate; when ready turn it into pots. Cape gooseberry jelly may be made in the same way.

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## CHAPTER XVIII.

## TEA, COFFEE, &amp;c.

## TEA

To be made well, must have the water poured boiling hot upon it. The quantity for common purposes is a tea-spoonful for each eup, and it should never be allowed to stand long, otherwise the bitter quality is extracted. Persons travelling will find a tincture of tea, prepared as follows, very useful and convenient: Fill a wide-mouthed bottle with fresh tea, green or black, and pour as much brandy or rum upon it as the bottle will hold; keep it well corked in the sun for a few days, shaking it occasionally, when strain it off clear; a tea-spoonful of this put into a eup of boiling water, will, with a little milk, furnish a eup of excellent tea.

*Obs.*—Tea should be made with water the minute it boils. An excellent substitute for milk is the yolk of a fresh egg; it must be beaten up quite smooth; add to it the sugar if used, and the tea poured as hot as possible upon it, stirring it the whole time to prevent its curdling.

## CHOCOLATE.

Rasp or slice a cake or square of chocolate (about two ounces) into a pint of boiling water; set it on the fire to simmer, and mill it well until it is quite dissolved; then add an equal quantity of milk, or half the quantity of cream, with sugar sufficient to sweeten it, and mill it thoroughly to a froth before serving.

*Obs.*—The cakes are prepared by pounding the berries of the cocoanut with beef suet, to which the Spaniards add sugar and spices. A substitute for the regular chocolate

millar may be made by splitting a moderate sized bamboo at the end into four divisions to the length of eight or ten inches; tie some twine tightly above the split part, and insert a piece of cork, of a cone shape, so as to keep the divisions open. This answers for frothing creams, as well as milling spruce, &c.

#### COCOA.

Allow six or eight nuts for each cup; have them carefully roasted, but not burnt; pound them well in a mortar, and add cold water in proportion to the quantity of nuts, one-third more than required; boil gently until the excess of water is reduced; strain, and it is ready for use; add milk and sugar.

*Obs.*—After the cocoa is prepared, you may add the water and boil it down to one-half; then mix it with an equal quantity of milk; and when it is boiled up, again strain it through a muslin bag into the pot or vessel it is to be served in.

#### PREPARED COCOA.

This has now become an article of such general use that the means of preparing it will be found given with each packet. The usual method is to allow two tea-spoonsful of the powder to one breakfast cup of boiling milk and water. Put the cocoa into a cup; mix it up carefully with boiling water by degrees until quite smooth; then add the milk and sugar.

#### COFFEE.

This beverage, so generally admired when properly made, is seldom presented in a state fit to drink, being often weak, cold, and muddy, possessing neither flavour nor strength. To be good and in perfection, the great secret lies in making it immediately it is roasted and ground, allowing a sufficient quantity for each cup. If you would have it of the finest flavour, procure the coffee of the best quality. Mocha stands in the highest estimation. The machines advertised for making superior coffee by pressure, steam, &c., are numerous; but for a work like this I shall only give such

receipts as are most likely to be available by the plain coffee-pot for boiling, the filtering biggin, and the common sauce-pan. The quantity of ground coffee for each cup is from three to four tea-spoonsful, equal to an ounce. Those persons who drink it without milk or sugar may prefer it stronger. Put the coffee into the pot with the proportionate quantity of cold water, allowing a little more than the quantity required; let it boil for ten minutes, and keep stirring it to prevent its boiling over; set it on the side for a minute, when the coffee will fall to the bottom and become perfectly clear.

*Obs.*—The grounds may be allowed to remain in the pot for the next day, as a third of coffee is saved by it.

#### TO MAKE IT IN A BIGGIN.

Scald the biggin well; take out the presser; put in your coffee in the proportion laid down, and with reference to the size of the biggin; then press it down tight and put on the strainer with the large holes, and pour upon it the quantity of boiling water required; place the biggin in a basin of hot water to keep the coffee warm; as soon as it has filtered through, pour it out immediately, either into cups or into the vessel it is to be served in, which should be kept closed and warm; if it is to be served round for parties to help themselves, accompany it with hot cream or milk and pounded sugar-candy.

#### TO MAKE COFFEE, IF MUCH IS REQUIRED FOR FAMILY USE.

In the morning pour upon a quarter of a pound of fresh-roasted ground coffee about two quarts of boiling water; stir it for three or four minutes; cover it closely, and let it remain; pour it off clear, and boil it up for use.

#### ANOTHER WAY.

Beat up an egg with a little water; mix it with four ounces of fresh-roasted ground coffee; then pour one quart or three pints of water upon it, and boil for five minutes; let it settle a few minutes to clear, or strain through a napkin, flannel, or

muslin bag. If this is done, it requires heating again; or, instead of clearing with an egg, pour a little cold water into the pot before taking it off the fire. It may be made this way on the night previous to marching; the cleared part poured off, bottled and corked, if made treble strong, will keep for many days.

*Obs.*—This is a very useful way to prepare it for travellers; if it is required before starting in the morning, as your servants then are much engaged, have it made over-night, the quantity of milk and sugar added, put in a bottle, corked, and it will then only require warming, which may either be done over the servants' fire, or the lamp you are dressing by.

#### MILK COFFEE.

Take as much clear coffee prepared in the proportion of four ounces to one quart of water (though I would advise six ounces instead); then add as much milk as coffee sweetened to your taste; warm it, but do not let it boil; and in pouring it out, froth from a height as you would a foaming liquid out of a bottle.

#### SALEP MISSIRIE POWDER.

This is a preparation from an orchis root, found in many parts of India. When dried, it is of an opaque light brown colour, very hard, and difficult to pound; but when reduced to a very fine powder, a tea-spoonful is sufficient to form a pint of most nutritious food for invalids. The great difficulty consists in its preparation, which is as follows:—Rub well up a tea-spoonful of finely-powdered salep with a spoonful of pounded sugar-candy; then by degrees mix it quite smooth and free from lumps with a little cold water; have ready some boiling water flavoured with lemon-peel and a glass of white wine; stir the salep previously rubbed up into this, and boil it a few minutes.

*Obs.*—The salep brought from Persia, and procurable in the bazars, is said to be the finest.

## CHAPTER XIX.

## SYRUPS, &amp;c.

## CLARIFIED SYRUP.

To every pound of sugar add half a pint of water; put it into a clean stewpan; dissolve the sugar, and set over a moderate fire (the white of an egg beaten up is sufficient for four pounds of sugar); put it to the sugar before it gets warmed, and stir well together; watch it as it boils, take off the scum, and keep it simmering till no scum rises, and it is perfectly clear; run it through a clean napkin, and put it into close-stoppered bottles.

*Obs.*—If sugar-candy is used, two-thirds of a pint of water may be allowed to a pound, or even more if required for immediate use.

## SYRUP.

To two seers of moist sugar add a pint and a half of water, with the white of an egg well beaten; strain the whole; put it on the fire, and as it boils remove all the scum, and continue boiling until sufficiently thick.

*Obs.*—This is a convenient article for domestic use, answering the purposes in many cases of sugar-candy, besides being divested of all impurities, and easily preserved.

## CAPILLAIRE,

As generally prepared in Europe, is made with essence of neroli and clarified syrup, or with orange-flower water and syrup. Mix four ounces of orange flower to one pint of syrup, and it is ready. This is what is generally sold in England for capillaire. In America it is made by infusing



one ounce of the capillaire bark in warm water, adding a pound of sugar, clearing it with the white of an egg, and boiling to a syrup.

#### GINGER SYRUP

Is made from an extract first obtained by infusing in a quart of boiling water two ounces of ground ginger, filtering it through paper, and adding to it two pounds of sugar; boil it into a syrup.

#### SYRUP OF LEMONS.

Put a pint of fresh lemon-juice to a pound and three quarters of sugar-candy; dissolve it by a gentle heat; skim it till the surface is quite clear; add an ounce of thin-cut lemon-peel; simmer it very gently together for a few minutes, and run it through a flannel; when cold, bottle and cork it closely, and keep it in a cool place. Or dissolve a quarter of an ounce of citric (crystallized lemon) acid in a pint of clarified syrup; flavour it with the peel.

#### SYRUP OF ORANGE OR LEMON PEEL.

Of fresh outer rind of Seville orange or lemon peel three ounces, boiling water a pint and a half; infuse these for a night in a close vessel, then strain the liquid, let it stand to settle, and having poured it off clear from the sediment, dissolve in it two pounds of double-refined loaf-sugar; boil it to a syrup with a gentle heat.

*Obs.*—In making this, if the sugar be dissolved in the infusion with as gentle a heat as possible to prevent the exhalation of the volatile parts of the peel, the syrup will possess a great share of the fine flavour of the orange or lemon peel.

#### GINGER DROPS.

Rub down half a dozen almonds and a little candied citron or orange-peel; add a little sugar, and rub it till it comes to a fine paste; incorporate well half an ounce of the best pounded

ginger ; put a pound of sugar upon the fire, with a little water ; skim it and put in the paste ; let it boil to candy height, and drop it as other drops.

#### LEMON DROPS.

Take a pound of fine sugar-candy ; mix in the juice of two lemons or four good limes with the white of two eggs beaten to a froth ; put in, while it is finishing, by degrees the zest of the lemons or limes ; boil to a candy height ; cover some open tins with paper ; sift sugar over, drop them, and put them in the stove.

#### PEPPERMINT DROPS.

Take fine-pounded sugar half a pound, with the white of two eggs ; drop into it one hundred and twenty drops of oil of peppermint, and mix it well : drop them off the point of a knife on to the sugared paper, and gently dry the drops over the fire or oven.

#### TO MAKE TREACLE.

Make goor or jaggery into a thick syrup with water ; clarify with the white of an egg ; strain it and boil it until of a proper thickness.

#### BARLEY SUGAR.

Put clarified syrup, containing some rasped lemon-peel, into a saucepan with a lip, and boil it to caramel height, carefully skimming it as it boils ; have ready a marble slab, slate, or the back of a large dish, well buttered, and pour the syrup along it of the thickness required for the sticks of barley-sugar ; twist every stick at each end while hot, to give it the usual form.

#### TOFFEY.

One pound of treacle, one pound of moist sugar, and half a pound of butter ; it must be done over a clear fire, and in a saucepan large enough to allow of its boiling fast. First take the butter, and with a knife rub it on the bottom of

the saucepan until it is melted ; then add the treacle and sugar, stirring all gently with the knife until the whole is in a boiling state ; have close at hand a basin of cold water, in which, after it has boiled for about ten minutes, drop a little from the knife point ; if you can take it from the water in a crisp state, it is done enough. This will require every attention, or it will be spoilt, having a burnt taste. Have ready a large dish rubbed over every part with a small portion of butter ; when the toffey has arrived at the crisp point, immediately put the whole into the dish, and let it remain until cold ; turn the dish, and give it a rap or two on the bottom, and the toffey will fall out in pieces. It must not be allowed to be exposed to the air, but kept dry in a canister or bottle.

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## CHAPTER XX.

## DRINKS, LIQUERS, &amp;c.

## ALMOND DRINK OR ORGEAT.

POUND very fine eight ounces of sweet almonds (blanched) and half an ounce of bitter in a marble mortar, with two table-spoonsful of orange-flower water to keep it from oiling; then mix with it half a pint of rose and the same quantity of pure water; rub it through a tammy cloth or sieve until the almonds are quite dry; to this must be added a pint and a half of clarified sugar or clear syrup; boil it for a minute, and when cold, put it into small bottles closely corked. A table-spoonful is sufficient for a tumbler of water.

## ORGEAT (OR ALMOND DRINK) FOR PRESENT USE.

A quarter of a pound of sweet and one ounce of bitter almonds are to be blanched and thrown into cold water, then beaten in a marble mortar, and moistened with a little milk or rose-water to prevent its oiling; three pints of fresh milk are to be mixed gradually with it; sweeten with pounded sugar or syrup; this is then boiled, stirred until cold, and strained, when a glass of white wine or brandy is to be added.

## ANOTHER WAY.

Take half a pound of sweet almonds; pound them finely, with a little orange-flower water, one quart of pure water being added by degrees; sweeten with refined sugar or syrup; strain through a napkin, and put into a bottle to be iced or cooled.

*Obs.*—This will only answer for the day it is to be used.

## BARLEY MEAD.

Take the juice of four limes, the rind, pared thin, of two, four table-spoonsful of honey, and half a pound of pearl barley; put it into a jug or other vessel, and pour two quarts of boiling water upon it; let it stand to cool, and strain it.

## BARLEY WATER.

One ounce of pearl barley, half an ounce of sugar, and the rind of a lemon or couple of limes put into a jug; pour upon it a quart of boiling water; let it stand for eight or ten hours; then strain off the liquor, adding a slice of lemon. This makes a very grateful drink for invalids. A little wine may be added to convert it into negus, or rum for punch.

## NEGUS.

One bottle of wine, half a pound of sugar or capillaire, and a sliced lemon, or two fresh limes; add three quarts of boiling water, and grate nutmeg to the taste.

## ANOTHER WAY.

Pour two quarts of boiling water upon three ounces of pearl barley, a quarter of a pound of sugar and lemon sliced; when cold, strain the liquor, and add a pint of wine and a glass of brandy.

## MILK LEMONADE.

Take the juice of six fine limes, the peel of three pared very thin, two wine-glasses of syrup, half a pint of madeira or sherry, and one quart of boiling water; put it into a covered vessel, and let it stand twelve hours; then boil half a pint of new milk, and pour it upon the mixture, after which run it through a jelly-bag till it is quite clear.

## MILK PUNCH.

Put the rinds of thirty limes pared fine in a bottle of rum; let it stand twenty-four hours; then take three bottles of



water, one bottle of lime-juice, four pounds of powdered sugar, two nutmegs grated, and six bottles of rum, arrack, or brandy; mix all together; add two quarts of milk boiling hot; let it stand two hours, then strain it through a flannel bag.

ANOTHER WAY.

Pare sixty limes as thin as possible, pour over the peel a bottle of rum, place it covered up in the sun three days; afterwards boil four quarts of milk down to half the quantity over a slow fire; take five quarts of water, three quarts of rum, the lime-peel and rum prepared as above, one quart of lime-juice, three pounds of China sugar; stir up well, grate six nutmegs, and pour quickly over the whole the two quarts of boiling milk; cover it up close; keep half an hour; then strain it through a double flannel bag until perfectly clear; bottle and cork. This makes one dozen.

ANOTHER WAY.

Take two handfuls of thinly-sliced lime-peel, put it into a jar or wide mouthed bottle with two quarts of rum. In a second bottle put half a tea-cupful (of each) of finely-pounded mace, cinnamon, and cloves, with the same quantity of rum as with the lime-peel; stop both close, and put out in the sun, or stand near a fire for twenty-four hours; take six pounds and a half of fine white sugar, and dissolve it in nine pints of water; let it stand on the fire until the scum breaks, then take it off, and let it remain until the next morning, when skim and pour the clear syrup into a large vessel; add one bottle of strained lime-juice, then the contents of the lime-peel and spices from the jars or bottles, with four quarts of boiling milk; stir all well up, and carefully strain through a flannel bag or napkin.

*Obs.*—Should it run thick at first, return it into the bag. but be careful not to disturb the curd. This is a West Indian receipt.

## SPRUCE BEER.

Mix seven pounds of molasses in four gallons of boiling water and four gallons of cold ; put in three table-spoonsful of spruce essence ; whisk it well up, with three spoonsful of yeast, or half a pint of toddy ; put it in a cask, and roll it ; bottle it when the working ceases, wire or tie, and put it in a cool cellar.

## GINGER BEER.

Two gallons of water, two and a quarter ounces of pounded ginger, three quarters of an ounce of cream of tartar, two pounds of sugar-candy, one lime ; the whole to be mixed with the water boiling hot, and a tea-spoonful of sweet toddy added in proportion to each bottle before corking ; ready in two days.

*Obs.*—The corks must be tied tight down.

## GINGER BEER (MY WAY).

Take two table-spoonsful of finely-pounded ginger, one tea-spoonful of cream of tartar ; put these into a jug, and add a quart of boiling water ; let the liquor stand until cool ; then pour or strain it clear from the sediment into a large bowl or soup tureen ; take the juice of six limes, four or five table-spoonsful of clear syrup (add two glasses of white wine if you like), with five pints of pure water and a claret glass of seindie or toddy in a state of fermentation ; keep working the whole well together for a minute or two, and bottle in soda-water bottles (if procurable), tying the corks well down with string. If properly managed, both bottles and corks will last for several batches. This quantity should fill nine bottles, one of which should always be kept until the next brew is ready, and in this way may be continued for any length of time. By this means all the first unpleasant taste of toddy is got rid of. Some persons add a little beer, which is a matter of mere taste. Imperial is made in the same way, substituting half an ounce of

cream of tartar instead of ginger, which should be dissolved in hot water, and the peel of a couple of limes cut thin allowed to soak in it. This gives a flavour generally approved of. After once or twice making these drinks a person will be enabled to judge of their quality, or take away any ingredients accordingly. The bottles should be kept in a cool place under wet straw, or near a tatty, or in earthen coolers. It will be fit to drink in less than twenty-four hours.

#### COOL TANKARD OR MUG.

Take a bottle of good ale, a glass of white wine, or a glass of brandy, as much syrup of capillaire as will sweeten it, a sprig of balm, mint, or borragé, a toast well covered with nutmeg, and the liquid poured over it.

*Obs.*—It should be made at least a quarter of an hour before required, that all the ingredients may incorporate.

#### MUG (MY WAY).

Have ready a bottle of cool ale or porter; put into a jug the juice of two limes, part of the peel cut thin, a glass of white wine, and some grated nutmeg, with enough syrup to sweeten it, a handful of fresh mint, or a leaf or two of borragé; mix with this a pint of water, and put it to cool and stand for fifteen minutes; then add the bottle of ale or porter.

*Obs.*—It may be made at once and drunk, only adding the beer last.

#### BITTERS.

Take the peel of pumplenose cut very thin, or of lime, lemon, or bitter orange; put into a wide-mouthed bottle, and fill up either with brandy or white wine; cork tight, and place in the sun for a few days. This forms a most useful and elegant bitter.

*Obs.*—It may be also made with dry peel from any of the above fruits.

## SACK POSSET.

Take four ounces of pounded sugar, a pint of sherry, and some grated nutmeg; warm them over the fire until the sugar is dissolved; then beat up ten fresh eggs, and strain them into a quart of new milk which has been boiled and allowed to cool; add the wine and sugar; put the whole into a clean saucepan on the fire, and keep stirring until it is nearly boiled, when remove, or it will curdle.

## ATHOLE BROSE.

Mix two or three table-spoonsful of honey with brandy, whisky, or rum; make it of a proper consistency. Some add the yolk of an egg beaten up in it.

## SHRUB, LIME OR ORANGE.

Take Seville orange or lime juice one pound and a half, strain and add four pounds of white sugar, with four pints of best Jamaica rum.

## SHRUB BRANDY.

Put two quarts of brandy into a large bottle with the juice of five lemons and the sliced peel of two; stop it up and let it stand three days, then add three pints of white wine, a pound and a half of loaf sugar, and half a nutmeg; strain it through a flannel bag, and it will be found excellent.

## CHAMPAGNE PUNCH.

Take the rind cut very thin of twenty-four limes, and soak twenty-four hours in twenty-four glasses of hot French brandy; then add the juice of forty-eight limes and six pounds of fine-pounded sugar, twelve glasses of rum, twelve glasses of maraschino, six bottles of champagne, six bottles of water; let it stand for six or eight days in a vessel; then strain it clear through a flannel bag; bottle and cork it well. Smaller quantity made in the same proportions. If required for immediate use, pass the whole through a fine lawn strainer until it is perfectly clear; bottle and cool it.

## REGENT'S PUNCH.

Pare as thin as possible the rinds of two China and one Seville orange, and two lemons; infuse them for an hour in half a pint of thin cold syrup, then add to them the juice of the fruit; make a pint of strong green tea; sweeten it well with fine sugar, and when it is quite cold add it to the fruit and syrup, with a glass of best old Jamaica rum, a glass of brandy, one of arraek, one of pine-apple syrup, and two bottles of champagne; pass the whole through a fine lawn sieve until it is perfectly clear, then bottle and put it into ice until dinner is served.

## PINE-APPLE CARDINAL.

Cut a ripe pine-apple into slices; put it into a deep bowl with two pounds of fine sugar; let it remain three hours, and then pour over it one bottle of sherry, one of Rhenish wine, and one of champagne; let it stand a short time before it is served.

## PEACH LIQUEUR.

Clean and scald the peaches as directed for jam; when ready, turn them out into a sieve or jelly-bag, and let the juice drain from the fruit without squeezing; add to each pint of juice an equal quantity of light French brandy or spirits of wine, and the same proportion of cold syrup to the whole, when filter and bottle the liquor.

## PUMPLENOSE LIQUEUR.

Put six ounces of thinly-pared and dried pumplenose rind coarsely pounded into a bottle of French brandy; after it has been infused ten or twelve days in the sun and strained, add a quart of clarified syrup and filter, though the latter will be found hardly necessary if the infusion has been steadily poured off.



## BALSAMUM VITÆ.

Take a tea-spoonful of tincture of cinnamon, and put it with a little sugar in a glass of sherry or madeira, with the yolk of an egg beaten up in it.

## CINNAMON ESSENCE.

Take one drachm of oil of cinnamon; add two ounces of the best French brandy or proof spirits of wine.

## TINCTURE OF CINNAMON.

Put three ounces of bruised cinnamon into a bottle of French brandy; let it stand for a fortnight, shaking it occasionally, then strain it.

## ALL-SPICE.

Pimento, so called from possessing the flavour combined of cinnamon, cloves, nutmegs, and pepper.

## ESSENCE.

Take oil of pimento one drachm, to which add by degrees proof spirit two ounces. A few drops are sufficient to flavour a pint of gravy.

## TINCTURE

May be made by bruising three ounces of all-spice, and adding a bottle of French brandy; put this out daily in the sun for ten or twelve days, shaking it occasionally, then strain or filter off the liquor clear. It is very useful for flavouring mulled wines, gravies, and potted meats.

## WINE FLIP.

Heat any quantity of wine with nutmeg, cloves, and sugar; to every gill of wine allow the yolk of an egg, mix it with a little cream or cold wine, and pour it backwards and forwards till well mixed.

## ALE FLIP.

Put a quart of ale on the fire to warm; beat up three or four eggs, with four spoonsful of moist sugar, a tea-spoonful of grated nutmeg or ginger, and a quarter of good old rum

or brandy ; when the ale is near boiling, put it into a jug, and the rum and eggs into another ; keep pouring from one to another until it is as smooth as cream.

ANOTHER WAY.

Take boiling water instead of ale, sugar and spice it ; beat up four eggs, with four glasses of madeira or sherry, and treat in the same manner.

*Obs.*—This is a pleasanter and lighter beverage than the former.

RUM FUSTIAN

Is prepared at Oxford as follows:—Whisk up to a froth the yolks of six eggs, and add them to a pint of gin and a quart of strong beer ; boil up a bottle of sherry in a saucepan, with a stick of cinnamon or nutmeg grated, a dozen large lumps of sugar, and the rind of a lemon peeled very thin ; when the wine boils, it is poured upon the beer and gin, and drank hot.

MINT JULEP

May be made with claret, madeira, &c., but the usual way is as follows :—Put into a tumbler about a dozen sprigs of the tender shoots of mint ; upon them put a table-spoonful of finely-pounded sugar or syrup, with equal proportions of peach and common brandy, so as to fill it up nearly one-third, and fill up the remainder with rasped or pounded ice. As the ice melts, you drink it.

SANGARIE.

Mix three bottles of red wine with three half pints of water, a whole nutmeg grated, a little cinnamon, and sugar to your taste ; set the mixture on the fire to boil, then take it off ; let it remain covered till cold ; strain and bottle it.

EGG WINE.

Mix up the yolk of an egg with a little pounded sugar, nutmeg, and boiling water ; then add a glass of any white wine. Its raw taste will be removed by warming it over the fire, but it is not so light and wholesome for invalids.

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## CHAPTER XXI.

## CORDIALS.

IN making cordials, the best spirit that can be used is rectified spirits of wine, as imparting less foreign taste than any other, and extracting and imbibing any flavour that may be given to it without altering it in any way. The next article of importance is the syrup, which should be made from the best sugar, as laid down elsewhere, and never mixed hot with the spirit. In some cordials the flavouring article is to be mixed with the spirit first; in others, with the syrup; and in some, the sugar is to be dissolved in an infusion of the flavouring substances. Much depends upon the colouring matters—red, pink, yellow, and green being only generally used.

## PINK OR RED

Is made with one ounce of pounded cochineal infused in two ounces of spirits of wine; let it stand in the sun for a few days, shaking it from time to time.

*Obs.*—The juice of the ripe fruit of the prickly pear answers as well as cochineal.

## YELLOW.

Put into a four-ounce phial half a drachm of saffron, or two drachms of sapan seed pounded; add two ounces of spirits of wine, and put it out in the sun as the last, when strain it for use.

## GREEN.

Fill a wide-mouthed bottle with vine or spinach leaves; add as much spirits of wine as it will hold; put it in the sun, and when of a bright green, strain it for use.

## NOYEAU.

Take half a pound of blanched bitter almonds or peach kernels, the thinly-pared rind of a couple of limes cut into bits ; bruise them in a mortar as fine as possible ; put them into a large bottle with two quarts of rectified spirits of wine, cork the bottle, put it out in the sun for a week, shaking it well ; strain the liquor from the almonds, and filter through white blotting-paper or muslin ; add the syrup, mixing it well with the spirit. It may be used immediately, but it is better for keeping.

*Obs.*—To prepare the funnel for filtering, put a few slips of wood or bamboo down inside the funnel. To make the filter square, a sheet of blotting-paper put corner to corner, and double it again ; the slips of wood prevent the paper adhering to the funnel, and accelerate the process.

## NOYEAU.

## WHITE.

Into a quart of spirits of wine put twenty drops of good essential oil of bitter almonds, and six drops of oil of orange ; shake it well, and then add a quart of syrup ; filter it through paper until it is clear and bright.

## PINK.

To a quart of spirits of wine add fifteen drops of essential oil of bitter almonds, three drops of oil of roses, four drops of oil of aniseed, and one drop of tincture of vanilla ; shake it well, and add a quart of syrup with a sufficient quantity of the pink colouring matter to make the liquor of a delicate colour ; filter and bottle for use.

## ANISETTE.

To a quart of spirits of wine add twenty drops of essential oil of aniseed ; after shaking it well, mix with it a quart of syrup, then filter and put into bottles.

## CREAM OF CLOVES—CREME DE GIROFLE.

Add forty drops of oil of cloves to a quart of spirits of wine ; after shaking it well, mix with a quart of syrup as much red colouring matter as will impart to it a good colour. Filter through paper, and bottle immediately.

## CREAM OF CINNAMON—CREME DE CANELLE.

To a quart of spirits of wine add twenty drops of oil of cinnamon and two of oil of roses, with three of oil of nutmeg ; shake the mixture well, and when the oils are dissolved add a quart of syrup, and a sufficient quantity of the red tincture to produce a bright full colour ; filter and bottle.

## ROSE CREAM—CREME DE ROSE.

Into a quart of spirits of wine put twelve drops of oil of roses and three of oil of nutmeg ; shake it well, and add a quart of syrup, with a sufficient quantity of the pink tincture to produce a rose colour.

## CREAM OF VANILLA.

Into a quart of spirits of wine put twelve drops of tincture of vanilla ; shake it well, add a quart of the syrup when well mixed, let it stand ten minutes, then filter it twice or thrice if necessary.

## CURACOA.

Into a quart of spirits of wine, or four ounces of spirits of orange, drop one hundred and twenty drops of oil of bitter orange ; when the latter is dissolved, add one quart of cold syrup, then filter and bottle the liquor.

## GOLDEN WATER.

To a quart of spirits of wine add twelve drops of oil of aniseed, six drops of oil of cinnamon, eight of oil of citron, and three drops of oil of roses ; as soon as the oils are dissolved, mix with the liquor a quart of the syrup, filter it,



and before you bottle the liquor, stir into it a square of leaf-gold cut into very little bits ; if silver leaf is added instead, it goes by the name of silver water.

CREME-DE CITRON, OR LEMON CREAM.

Into a quart of spirits of wine put sixty drops of oil of citron (or *olium de cedra*) ; shake it well, and add a quart of cold syrup ; add two ounces of the yellow colouring matter, and filter through filtering paper.

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## CHAPTER XXII.

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### COOLING FLUIDS.

THE simplest and most economical system of cooling fluids is by evaporation, which has been long known and practised by the inhabitants of the East. The excellency of all vessels for the purpose consists in their uniform porosity and thinness. The generality of the common native coojahs are so thick that the water scarcely percolates through them, and the consequent evaporation from the surface is so trifling that the water inside is little affected by it. Many parts of India are celebrated for their coojahs or goglets, but the finest are brought from Bussorah, being light, thin, and porous, made from a whitish clay. The Egyptian goglets are also of a similar description, and equally valued. When the exudation from a goglet ceases from use, and its porosity destroyed, it may be partially restored by being boiled. A bottle of liquid, cased in a wet cotton cover, and placed in a plate or saucer of water, and exposed to the wind or draught of air, soon has its temperature considerably reduced, or laying the bottles in wet straw in the shade where the wind can blow freely upon them answers the same purpose, but the straw must continually be sprinkled over with water. Another method is to have a sort of bamboo crate or cradle made of trellis-work, and suspended like a punkah in the shade; the bottles are packed in safely with wet straw or in cotton bags, and then pulled slowly backwards and forwards; this cools the fluid so treated very considerably.

A simple mode of procuring cold by evaporation is to have several porous earthenware vessels suspended in the

shade in an open verandah (filled with water), or any place where the sun's rays cannot penetrate, having a free circulation of air; in these, bottles may be placed, and the temperature will generally be found reduced eight or ten degrees below the surrounding atmosphere. Wine, soda-water, &c., is not in any way injured by remaining in those vessels; but beer once cooled, and not used that day, should be returned to the godown, and allowed some time to recover before it is cooled again, else the chances are that it is rejected and thought to be bad, which really is not the case, as it only requires a little warmth and rest in the recovering godown. Many a bottle of beer has been condemned on this account from want of a little careful treatment.

#### TO PURIFY WATER.

A simple and efficient filtering and purifying machine is easily made by suspending two common (native) porous chatties in a framework of wood or bamboo—both easily constructed—one over the other, each chatty of a size to contain several gallons; a small hole must be made in the bottom large enough for a pea to pass through, this is to be filled up with a bit of cloth or rag very loosely, in each chatty place a layer of coarsely-pounded charcoal, then a layer of fine river sand, and so on alternately till the vessels are half filled. When they are ready to receive the water for filtering, a jar to contain the water, as it drips through, must be placed underneath, the upper vessel is then filled with water, and it is ready for use. If the water passes through too fast, the rag or cotton in the hole must be screwed a little tighter; the muddiest water will pass through this filtering machine pure and limpid. The charcoal and sand require to be occasionally renewed. Water, however impure, may be readily cleared by a solution of alum, or by stirring a little alum on the surface; in a few hours it is perfectly clear; the small quantity of alum sinking with the

residue to the bottom of the vessel. The natives use a nut called "nirmulee" (the *Strychnos potatorum*); they rub this over the inside of the chatty previous to filling it with water, when all the impurities fall to the bottom.

The artificial method of cooling liquids with saltpetre and other salts is well known. The proportion of nitre is one part to two parts of water; a bottle or metal goglet, having its mouth closed, is stirred in this for a few minutes, when it is perfectly cooled. A still higher refrigerent mixture is produced by the addition of two parts of glauber salts. The annexed tables show the cold capable of being produced by the ordinary freezing mixtures.

All cooling apparatus for wine, beer, water, &c., in which refrigerents are used, should be externally well lined with some non-conductor of heat, and the cover fit close, to exclude as much as possible the surrounding air. The outer interstices of the machine may be stuffed with felt, charcoal, wool, or dried oatmeal, and any one of the refrigerent mixtures employed.

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## CHAPTER XXIII.

## FREEZING MIXTURES WITHOUT ICE.

<i>Mixtures.</i>	<i>Parts.</i>	<i>Thermometer sinks</i>	<i>Degree of cold produced.</i>
Muriate of ammonia . . . . .	5	} From + 50° to + 10° = 40°	
Nitrate of potash . . . . .	5		
Water . . . . .	16		
Nitrate of ammonia . . . . .	1	} From + 50° to + 7° = 43°	
Carbonate of soda . . . . .	1		
Water . . . . .	1		
Nitrate of ammonia . . . . .	1	} From + 50° to + 4° = 46°	
Water . . . . .	1		
Sulphate of soda . . . . .	3	} From + 50° to + 3° = 47°	
Diluted nitric acid . . . . .	2		
Muriate of ammonia or sal am- monia . . . . .	5	} From + 50° to + 4° = 46°	
Nitre of potash or saltpetre . . . . .	5		
Sulphate of soda or glauber salts . . . . .	8		
Water . . . . .	16		
Sulphate of soda . . . . .	8	} From + 50° to + 0° = 50°	
Muriatic acid . . . . .	5		
Sulphate of soda . . . . .	5	} From + 50° to + 3° = 47°	
Diluted sulphuric acid . . . . .	4		
Sulphate of soda . . . . .	6	} From + 50° to + 10° = 40°	
Muriate of ammonia . . . . .	4		
Nitrate of potash . . . . .	2		
Diluted nitric acid . . . . .	4		

In order to produce the effect, the salts employed must be fresh crystallized, and reduced to a very fine powder, the vessels in which the freezing mixture is made should be very thin and just large enough to hold it, and the materials should be mixed together as quickly as possible. To produce great cold, they ought to be first reduced to the tem-



perature marked in the table, by placing them in some of the other freezing mixtures, and then they are to be mixed together in a similar freezing mixture.

## FREEZING MIXTURES WITH ICE OR SNOW.

	<i>Parts.</i>	<i>Thermometer sinks</i>	<i>Degree of cold produced.</i>
Pounded ice or snow . . . . .	3	= to =	32°
Common salt . . . . .	1		
Pounded ice or snow . . . . .	3		
Soda . . . . .	1	= to =	5°
Pounded ice or snow . . . . .	2		
Muriate of soda . . . . .	1		
Pounded ice or snow . . . . .	5	= to =	12°
Muriate of soda . . . . .	2		
Muriate of ammonia . . . . .	1		
Pounded ice or snow . . . . .	24	= to =	18°
Muriate of soda . . . . .	10		
Muriate of ammonia . . . . .	5		
Nitrate of potash . . . . .	5	= to =	25°
Pounded ice or snow . . . . .	12		
Muriate of ammonia . . . . .	5		
Muriate of soda . . . . .	5		
Snow . . . . .	3	From + 32° to 23° =	55°
Diluted sulphuric acid . . . . .	2		
Snow . . . . .	8	From + 32° to 27° =	59°
Muriatic acid . . . . .	5		
Snow . . . . .	7	From + 32° to 30° =	62°
Diluted nitric acid . . . . .	4		

## CHAPTER XXIV.

### MAKING ICE.

For the information of persons desirous of producing ice by any of the patent freezing machines, I have appended directions with a few observations of my own, the results of several successful attempts with Masters'.

The machines are both with double and single pails and answer extremely well for cooling liquids at the same time the ice is being formed, and will cool wine or other liquids to any extent for a large party.

1. The agitator must be placed tightly on the bottom of the freezer.

2. Fill the cylinder with pure water, and insert it in the machine.

3. The charge of mixtures for the machine No. 2 consists of

To each pail.	{	4 lbs. sulphate of soda (glauber	}	well pounded.
		salts) . . . . .		
		2½ lbs. sal ammoniac . . . . .		
		2½ lbs. saltpetre . . . . .		
		10 pints of water . . . . .		

Where glauber salts cannot be easily procured, add more of the sal ammoniac and saltpetre in the same proportion as above; but in England glauber salts are used on account of their cheapness.

4. First put in the sulphate of soda well pounded, next the water, afterwards the saltpetre and sal ammoniac, also well pounded.

5. Having prepared the mixture for dessert ice, say from a pint to a pint and a half to each freezer, pour into them, and commence operations by turning the handle of the machine.

6. The first charge will require to be drawn off by means of the tap into the cooler below, in about ten or twelve minutes, according to the temperature of the water, and immediately re-charged; and if you find the second charge insufficient, charge a third time. In Paris they generally use four charges, owing to the temperature of the water being generally higher than in England. By changing the mixture as above, boiling water may be reduced to solid ice, and the freezing power may be kept up any length of time.

7. Each succeeding mixture keeps up the freezing power three or four minutes longer than the preceding one.

8. It should be remembered that, after a certain time, the freezing mixtures generate heat, which would of course tend to dissolve the ice already frozen, if not drawn off by the tap as before directed, which can be ascertained by the thermometer, a necessary appendage to the machine, more especially when chemical mixtures are used.

*Obs.*—The thermometer should have the lines of indication graduated on a glass back, as the freezing mixture removes all the marks from a metallic or ivory one. Ice can seldom be made with less than four charges, and not under one hour and a half. It requires a great deal of attendance, the salt makes muck dirt, and the mixture corrodes everything. Ice is sooner formed with the mineral acids, but they are dangerous and troublesome to use, from their destructive nature. In using the salts, they must be minutely pounded and free from all dirt, and the water added to them in the machine last of all. To save the continued trouble of weighing each material, I used a half-pint pewter wine-measure, which I found to contain, as near as possible, ten ounces in weight of the ground salt. A native chukkar

stone is an expeditious way of grinding the materials : the glauber salts are seldom dry enough to bear or require it. Particular attention is necessary to be paid to the instructions laid down when using the ice machine. The materials must all be prepared, and should be ready at hand as required, with a sufficient quantity of each of the salts for four charges at least ; see that the tap is all right, and not turned off before adding the water ; and never put more salts to the solution in use, as it is only wasted ; but as soon as the thermometer indicates an increase of temperature, fresh charge the machine.

The salts in a combined state may be partially recovered from the solution drawn off by solar evaporation or boiling, and afterwards applied to the reduction of the temperature of prepared ice mixture and the water, previous to charging the machine with the salts for freezing. These salts finely pounded with water in equal quantity, sink the thermometer twenty-five degrees. The method of preparing cream or water ice in the common freezing-pail, with ice and salt, is as follows :—Place the mixture to be frozen in the freezer and close it, beat up the ice small with the due proportion of salt, put it into the tub, and insert the freezer, which must be turned quickly round ; and as the cream sticks to the side, scrape it down with an ice spoon or wooden spatula until it is frozen. The more the cream is worked to the side with the spatula, smoother and better flavoured it will be ; after it is well frozen, take it out and put it into ice shapes.

#### WATER ICES

Are essentially different from cream ices, both as regards the preparation and taste ; the one having the richness of the latter, the other being only pure water flavoured by fruit.

## ICES

Are prepared with all kinds of fruits, which, if required, are acidulated with lemon-juice or crystals, flavoured with their essences if necessary, and coloured agreeably to the receipt for the same. They may be also made of wine, punch, liqueurs, or any other mixture, according to taste.

All fleshy fruits must be boiled and pulped, the kernels to be pounded and strained, with the fruit mixed to a proper consistency, sweetened and iced.

In forming cream ice, should the cream be found not to freeze so quickly as you wish, add a little new milk. This applies to all cream ices.

## COLOURING.

One ounce of cochineal, one ounce of salts of wormwood, one pint of water; boil for five minutes over a slow fire three ounces of cream of tartar, and one ounce of roche alum; take it off the fire before you add the last two ingredients, which must be put in very slowly, or the mixture will overflow. If for keeping, use clarified sugar instead of water.

## STRAWBERRY ICE-CREAM.

Pick some fresh strawberries into a basin or pan; add sugar in powder with a quantity of strawberry jam equal to the fruit, the juice of a lemon or two, according to the palate, a small quantity of new milk, and a pint of fresh cream; mix and add a little colour from the receipt given; freeze. One quart.

## APRICOT ICE-CREAM.

To half a pound of apricot jam add one pint of cream, the juice of one lemon, six bitter almonds pounded, one glass of noyau; mix in a mortar; rub through a hair sieve; freeze. One quart.



## GINGER ICE-CREAM.

Bruise six ounces of the best preserved ginger in a mortar; add the juice of one lemon, half a pound of sugar, one pint of cream; mix well; strain through a hair sieve; freeze. One quart.

## LEMON ICE-CREAM.

Take one pint of cream; rasp two lemons on sugar; scrape off into the vessel you are about to mix in; squeeze them and add the juice with half a pound of sugar; mix; freeze. One quart.

## ORANGE ICE-CREAM.

Rasp two oranges slightly, lest the cream become bitter; squeeze them with the juice of one lemon, one pint of cream, half a pound of sugar; pass through a sieve, and freeze. One quart.

## VANILLA ICE-CREAM.

Pound two sticks of vanilla, or sufficient to flavour it to palate, in a mortar, with half a pound of sugar; pass through a sieve; put it into a stewpan, with half a pint of milk; boil over a slow fire, with the yolks of two eggs, stirring all the time, the same as custard; add one pint of cream and the juice of one lemon; freeze. One quart.

## ANOTHER WAY.

When fresh stawberries cannot be procured, take one pound of strawberry jam, the juice of one or two lemons, one pint of cream, and a little milk; colour; freeze. One quart.

## RASPBERRY ICE-CREAM.

To one pound of raspberry jam add the juice of one or two lemons, one pint of cream, a little milk; colour; freeze. One quart.

## PINE-APPLE ICE-CREAM.

To half a pound of preserved pine-apple, or a raw pine-apple pounded with sugar, add sugar and lemon-juice to palate, one pint of cream, and a little new milk; mix; freeze. One quart.

## ANOTHER WAY.

Take a middling-sized pine-apple, cut it in pieces, bruise it in a mortar; add half a pound of sugar, and the juice of one lemon; rub them well together in the mortar; pass through a hair sieve; freeze. A few slices of preserved pine-apple may be added when frozen. One quart.

## ITALIAN ICE-CREAM.

Rasp two lemons on some sugar; express the juice of the lemons, to which add one pint of cream, one glass of brandy, one glass of noyveau, half a pound of sugar; freeze. One quart.

## RATAFIA ICE-CREAM.

Take one pint of cream, a little milk, half a pound of sugar, the yolks of two eggs, two ounces of ratafias; put them in a stewpan over a gentle fire; set thin as custard; add the juice of half a lemon; when cold, freeeze; take two ounces more of ratafias; rub them through a sieve, and add when the former is frozen together, with one glass of noyveau or maraschino. One quart.

## COFFEE ICE-CREAM.

Take six ounces of the best Turkey coffee berries well roasted; put them on a tin, and place them in an oven for five minutes; boil one pint of cream and half a pint of milk together, and put them into a can, take the berries from the oven, and put them with the scalding cream; cover till cold; strain and add one ounce of arrowroot; boil like custard, and add half a pound of sugar; freeze. One quart.

## TEA ICE-CREAM.

One pint of cream, half a pound of sugar, one ounce of tea, or a sufficient quantity to make one cup ; mix with the cream ; freeze. One quart.

## CHOCOLATE ICE-CREAM.

Infuse four or six ounces of chocolate ; mix it well with a pint of cream, a little new milk, and half a pound of sugar ; strain ; freeze. One quart.

## MARASCHINO ICE-CREAM.

One pint of cream, the juice of one lemon, half a pound of sugar, two glasses of maraschino ; mix ; freeze. One quart.

## PISTACHIO ICE-CREAM.

Take one quarter of a pound of pistachios, and the same quantity of Jordan almonds ; blanch and pound in a mortar till fine ; add the juice of one lemon, half a pound of sugar, one pint of cream ; pass through a sieve ; freeze. One quart.

## NOYEAU ICE-CREAM.

One pint of cream, the juice of one lemon, half a pound of sugar, two glasses of noyau ; mix ; freeze. One quart.

## PUNCH ICE.

Take one pint and a half of lemon ice and add one glass of maraschino, two of champagne, and one of rum and the juice of two oranges ; freeze. One quart.

## ANOTHER WAY.

To one pint and a half of lemon-water ice add one glass of white rum, one of champagne, one of pale brandy, and half a glass of warm jelly ; freeze. One quart.

## ANOTHER WAY.

Rasp two lemons ; take the juice of six lemons, the juice of two oranges, half a pint of tea, one pint of clarified sugar ; mix ; add one glass of rum and one glass of brandy ; freeze. One quart.

## LEMON OR LIME WATER ICE.

Take twelve limes to one quart, rasp three or four of them on a lump of sugar and scrape it into the vessel you are about to mix in, squeeze the limes and add the juice of two oranges, a pint of water, and half a pint of syrup ; freeze. One quart.

*Obs.*—If lemons are used, take only half as many as limes.

## ORANGE-WATER ICE.

Take any number of oranges in the same proportion as limes for lime-water ice, and proceed as in the lime-water ice, only rasping one-half of the oranges, but be careful not to rub the oranges too hard, or the ice will be bitter ; a table-spoonful of warm jelly may be added at pleasure ; strain ; freeze.

## GRAPE-WATER ICE.

The juice of four limes, the raspings of one orange, a pint of water and half a pint of syrup, two glasses of grape syrup, one glass of sherry ; strain ; freeze. One quart.

## PINE-APPLE-WATER ICE.

Take half a pound of fresh pine-apple bruised fine in a mortar, add the juice of one lime, one pint of water, and half a pint of syrup ; pass through a sieve ; freeze. One quart. Pine-apple may be added as described in the receipt for pine-apple cream.

## CHERRY-WATER ICE.

Take one pint of cherry water, the juice of two limes, half a pint of syrup, one glass of noyveau and a little colour; strain; freeze. One quart.

## CURRANT-WATER ICE.

Take one pound of currant jelly, the juice of two limes, half a pint of water, half a pint of syrup with a little colour; strain; freeze. One quart.

## VANILLA-WATER ICE.

Pound two sticks of vanilla (or as much as may be deemed sufficient to give a proper flavour) in a mortar; put half a pint of water in the mortar so as to get all out, put it into a stewpan with one pound of sugar, boil together, strain through a fine sieve, and add the juice of one or two limes; freeze. One quart.

## VANILLA-CREAM ICE.

Boil a stick of vanilla in milk and sugar, let the milk be cold before adding the eggs, set over the fire and stir till it clings to the back of the spoon; break eight yolks of eggs, and make a good thick custard of the boiled milk and vanilla; strain it; when cold, add a gill of cream, the juice of a lemon, a glass of jelly (isinglass), if you have it.

## CREAM ICE.

Boil down two seers of milk till reduced to half, two chittacks of sugar, one tea-spoonful of essence of vanilla.

## TO CLARIFY SUGAR.

Take six pounds of sugar and six pints of water, half the white of an egg well beaten up, and mix it to the water; boil ten minutes, removing all the scum.



## TO PRESERVE ICE FOR COOLING WINES, &amp;c.

The ice basket or box must be thickly wadded with numdar (a coarse woollen rug made in the country) inside and out, and this wrapped in double or treble blankets or cumbles, large enough to fold over the whole; if a box is used, holes must be made for draining off the water at the bottom—a basket is therefore preferable; it is to be kept in a closed dark room in the coolest part of the house that can be appropriated to it. The ice, if broken and loose, must be compressed into a ball and tied firm in a cloth (as it dissolves, the cloth or bag must be tightened); it is then to be placed in the centre of the basket or box, which should be large enough to contain the quantity of bottles or articles to be cooled; the edge only of each touching or resting on the bag of ice is sufficient for as many bottles as can be placed in this position; carefully wrap up the basket after removing any of its contents, and take care that the water, as the ice dissolves drains off immediately.

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## CHAPTER XXV.

## VOCABULARY OF CULINARY TERMS.

ASPIC . . . . .	A savoury transparent jelly, in which game, poultry, fish, &c., may be moulded; used also for garnishing them.
ASSIETTE VOLANTE . . . . .	A dish which is handed round the table only such as <i>fondeaus</i> and other preparations which require to be eaten hot.
BAIN MARIE . . . . .	Any flat vessel containing hot water.
BLANQUETTE . . . . .	A fricassee.
BOUILIN . . . . .	Quenelles formed into balls and either poached or fried.
BOUILLI . . . . .	Boiled meat, but more generally boiled beef.
BOUILLIE . . . . .	A sort of hasty-pudding.
BOUILLON . . . . .	Broth.
BRAISE . . . . .	A rich seasoned gravy in which particular articles are stewed.
BRAISIERE . . . . .	A braising-pan, made of copper or tin, deep and long, with two handles and a lining inside with the same to help to take out the contents; the lid indented so that fire may be placed upon it.
BUISSON, EN . . . . .	Pastry piled on a plate like a pyramid.
CASSEROLE . . . . .	A stewpan, or rice crust moulded in the form of a pie and baked, to be filled with mince or purée of game, &c.
CONSOMME . . . . .	Clarified rich gravy or broth.
COURT BOUILLON . . . . .	A preparation of vegetables, herbs, and wine, in which fish is boiled.
CROUSTADE . . . . .	A case or crust of fried bread, in which purées of game, &c., are served.
CROUTON . . . . .	A sippet of bread.
DORURE . . . . .	The yolk and white of an egg beaten up together.
EMINCE . . . . .	The fleshy part of a fowl, game, or meat chopped fine.
ENTREE . . . . .	A dish of the first course served with the fish.
ENTREE DE DESSERT . . . . .	A dish made of the preceding day's remains.

ENTREMETS . . . .	Dishes of the second course served between the meats and dessert.
ESPAGNOLE, OR SPANISH SAUCE . . . .	A brown gravy of high flavour.
FARCE . . . . .	Force-meat of chopped meat, fish, or herbs, with which poultry and other things are seasoned.
FEUILLETAGE . . . .	Puff paste.
EILETS MIGNONS . . .	Inside small fillets.
FONDEE . . . . .	A cheese soufflé.
GATEAU . . . . .	A cake; also a pudding; sometimes a kind of tart.
GLACER, TO GLAZE . .	To reduce a sauce by boiling to a proper thickness, sufficient to adhere firmly to the meat.
GRATIN . . . . .	The burnt-to in a saucepan.
GRATINER . . . . .	To reduce the liquid to dryness by fire.
HORS D'ŒUVRES . . .	Small dishes of the first course served as relishes.
LARDOIRE . . . . .	An instrument for larding meat.
LIAISON . . . . .	A thickening with two or four eggs.
MACARONCINI . . . .	A small kind of macaroni.
MAIGRE . . . . .	Made without meat.
MARINADE . . . . .	To preserve meat or fish in wine and vinegar with seasoning herbs.
MARK . . . . .	To prepare the meat which is to be dressed in a stewpan.
MASK . . . . .	Is to cover with some sauce or ragout.
MATELOTTE . . . . .	A rich stew of fish (mostly) with wine, &c.
MERINGUE . . . . .	Covered or iced with a Meringué mixture.
MERINGUES . . . . .	Cakes of sugar and white of eggs beaten to a paste and baked.
NOIX OF VEAL . . . .	That part to which the nadder is attached; the flat part under it is called sous noix; the side part, contre-noix; the petites noix are found in the side of the shoulder of veal.
NOUILLES . . . . .	A paste made of flour and yolks of eggs, then cut small like vermicelli.
PAIN DE BEURRE . . .	A pat of butter, from one ounce to an ounce and a half.
PANER . . . . .	To sprinkle with crumbs either fish, cutlets, &c.; if for frying, egg only must be added; but if for boiling, butter, to preserve a good colour.
PANURES . . . . .	Everything that has bread-crumbs over it.
PARER . . . . .	To trim meat of skin, nerves, &c.

- PAUPIETTES . . . . . Are slices of soles, fowls, &c., on which a farce of the same is thinly spread, rolled and trimmed.
- PIQUER . . . . . Is to lard with a larding-pin the exterior of veal, fowl, game, &c.; and to lard is to cut fat bacon, tongues, &c., into small square shapes to lard through, giving the meat a mottled appearance.
- POELE . . . . . Almost the same as braising; the only difference is, that what is poêlé must be underdone, braise must be thoroughly done.
- PUREE . . . . . Meat or vegetables reduced to a smooth pulp and then mixed with a sufficient liquid to form a thick sauce.
- QUENELLES . . . . . French force-meat, in which calf's udder is generally used with meat, game, fowl, &c., minced in proportions.
- RISSOLES . . . . . Small fried pastry, either sweet or savoury.
- ROUX, WHITE OR BROWN . . . . . Is prepared with melted butter and flour, either boiled white or fried brown.
- SALPICION . . . . . Is meat, mushrooms, truffles, &c., cut into small squares, all of which must be dressed and put into a very reduced espagnole, and when cold used as directed.
- SAUTER . . . . . Is to lay filets, &c., in a stewpan, after having dipped them in the least quantity of butter, with a little salt and pepper, covered with paper to exclude the dust, and set aside till dinner-time: a few minutes before serving, put the saucepan on a hard fire, and when the contents are done on both sides, drain them.
- SINGEE . . . . . To dust flour from the dredging-box, which afterwards must be moistened in order to be dressed.
- SPARGHETTI . . . . . Naples vermicelli.
- STOCK . . . . . The unthickened broth of gravy which forms the basis of soups and sauces.
- TAMIS . . . . . A strainer of fine thin woollen canvas for broths, sauces, &c.
- TENDONS, VEAL . . . . . Are found at the extremity of the ribs.
- TOURTE . . . . . A delicate kind of tart, baked in shallow tin pans, or without any, in a crust made with fluted tin cutters.
- VOL AU VENT . . . . . Made only of the lightest and finest puff-paste.
- ZITA . . . . . Naples macaroni.

## CHAPTER XXVI.

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### ORIENTAL COOKERY.

#### PRELIMINARY REMARKS

THE culinary processes followed by the Mussulmans and Hindoos of Asia differ as widely from each other as the plain household cooking of the English, in former times, from that of their continental neighbours the French. In the Indo-Sanskrit receipts meat is never mentioned, whereas in the Koran, Niamut, and other works in Persian, the followers of the Faithful indulge in it as well as other luxuries, the produce of the East—game, meat, fowl, fish with spices and other condiments.

The Hindoo delights in cakes of wheat and various grains, rice dressed in different ways, curries prepared from vegetables, ghee and oil, flavoured with spices, and the acidity of vegetables, accompanied with chutneys of various descriptions, and pickles made either with vinegar, oil or salt, and, above all, milk and ghee.

The Mussulman prepares his food more substantially, using meat freely, but, from the mode of dressing the latter, knives and forks are superfluous, for after their meat has been roasted or broiled it is in the driest state possible, and may be torn asunder with ease; the same with their boiled meat, rendering both nearly as indigestible as leather.

The native fire-place is made with clay, the two sides of equal length, the centre having a convex surface to raise the fire, so that the heat may be as near the bottom of the vessel as possible. They fry their cakes on brass, iron, or earthen

dishes; the two former generally have rings or handles attached; the vessels in which they dress pullaos, curries, &c., are made of the same materials; a wooden roller, similar to an English rolling-pin, is used for cakes and rubbing down moistened substances on a slab of stone; a long iron flat spoon and ladle, and one bored with holes, serve to add, remove, or stir the ingredients while cooking. A vegetable cutter and scraper, a flat stone with roller for grinding the curry mussalahs, an iron or stone mortar and pestle, with a coarse knife or two, form the principal part of their culinary apparatus, and is chiefly all that is required by them.

The principal dishes of the Mussulman are pullaos, curries, brianees, ashés, and cakes.

#### PULLAO.

The pullao is a purely oriental dish, and is, in fact, the only way of dressing meat intended to be eaten without the assistance of a knife; thus venison, meat, kid, or poultry are always stewed down, and the gravy containing the essence of each, with onions and spices, is used to flavour the rice, and the latter forms the principal part of a common pullao. When meat is added, it is either roasted, grilled, or boiled first with seasoning, and then put into the rice, and rather steamed than boiled in it: the same with fish or force-meat balls. When the latter is used, a portion of the meat is generally set aside for the purpose of making them with other savoury additions. Therefore to make a pullao, the prescribed quantity of rice is first parboiled, it is then removed from the water and strained, the gravy which has imbibed the flavour of the meat is added to it with spices and onions, and occasionally vegetables. The meat previously prepared is placed in the centre, and the saucepan or cooking vessel with its contents set over a charcoal fire to simmer gently, some fire also being placed on the lid of the saucepan. When the rice is sufficiently dressed



the pullao is served. Oeeasionally a part of the rice is only flavoured with the gravy, and the rest boiled plain or coloured, and melted butter or ghee poured over the rice before it is taken from the saueepan; but if the pullao is to be sweetened and made a chasneedar, this is done after by pouring acidulated syrup over it.

Sometimes the rice, or part of it, previous to being boiled is partially roasted or fried a light brown in ghee, in which cloves and sliced onions have been added, and then prepared; but whether this is the ease or not, the first essence of the meat, game, fish, &c., forms the principal medium for flavouring the pullao; and hence a native entertainer, in asking you to partake of venison, game, or fowl, would only mean as to the pullao so flavoured,—the articles themselves seldom appearing in their original state.

The native method of roasting is generally over wood, charecoal, or in a closed vessel, with a portion of melted butter, onions, spices, &c., with which the meat or fowl becomes flavoured; and I may here remark on the subject of roasting in this way, that it is by far the cleanliest, especially in camp or marching, where the wind and dust cannot be otherwise kept off.

#### CURRIES

Consist in the meat, fish, or vegetables being first dressed until tender, to which are added ground spices, chillies, and salt, both to the meat and gravy in certain proportions which are served up dry or in the gravy: in fact, a curry may be made of almost anything, its principal quality depending upon the spices and other condiments being duly proportioned as to flavour, and the degree of warmth to be given by the chillies, pepper, or ginger. The meat may be fried in butter, ghee, oil, or fat, to which is added gravy, tyre, milk, the juice of the cocoanut, vegetables, &c. All of these, when prepared in an artistical manner, and

mixed in their due proportions, form a savoury and nourishing repast, tempting to the organs of scent and taste; but if carelessly prepared, are equally as disagreeable to the eye as to the stomach.

#### BAGHAR.

In the preparation of native dishes, the term "baghar" is constantly used, and the only explanation to be given of it is that the article, whatever it may be, is placed with spices, ghee, or the substance mentioned, in a closed sauce-pan or vessel over the fire where it is simmering, and then giving it a shake to admit of its imbibing the flavour, and this is sometimes directed to be done two or three times. The nearest approach to the meaning in English would be to give it a warm-up, or stir-up, or tossing it with so and so; but the native idea is that by adding one substance to the other and placing fire on the top of the lid, as well as under, that the preparation has the flavour driven into it by this means: indeed, if the lid be not on when hot spices are added, the flavour will escape. Again, meat or fowl is directed to be rubbed over with some particular article, such as basun (flour of ground horse-gram), and to be immediately washed off; after that some spice is to be used and treated in the same way, or even Mooltan mud (which is believed to be an ochre). In some of their dishes the paun suparee leaf is directed to be used, and even metallic preparations. Most of these would be disagreeable to a European palate, and are therefore omitted, though found in the receipts; and which a literal translation for natives would require. One or two are given, more as a curiosity than supposing they will ever be tried, however piquant they may be to an Asiatic palate.

#### BRIANEES

Are spiced dishes, resembling a mixture of pullao and curry: the meat, fish, or cheese, &c., being highly seasoned

and partially fried, then put into a saucepan with other condiments, such as rice, gravy, ghee, milk, dhye, &c., in various proportions, covered carefully down and boiled or steamed. The native method of performing the latter operation is very simple,—merely placing a cloth stretched across the vessel above the water, and the article, whatever it may be, is put upon it and the lid covered down; or by putting straw or grass into the vessel, so as to be above the water, and placing the meat or cakes upon it, as will be found directed in several receipts. If they wish to prevent a substance from being burnt to the bottom of the pan in which it is cooked, from its being covered over and out of sight, they lay slices of bamboo split across the bottom, and place the article upon them. Something similar is not unusual in European cookery.

#### KHUBABS

- Are meat and vegetables cut into slices and spiced, and then strung on wires or wooden skewers and roasted or fried; served dry or with gravy, or else pounded with spices formed into balls and fried or roasted.

#### ASH.

This is composed of meat, flour, pulse, vegetables, fruit, sugar, milk, dhye, and spices in various quantities, and from the manner of preparing in some instances resembles a hotch-potch; in others, cakes are stewed, and some approach a simple porridge.

#### BREAD AND CAKES

All differ widely from the European, and would not generally be approved of, the dough being heavy from the use of leaven and its exclusion from other fermenting substances.

*Obs.*—The best kind are “bakrkhani” and “sheer mahl.”

## CHUTNEYS

Are composed of every description of edible vegetables made hot with chillies, mustard, pepper, &c., and are both sweet and sour, according to the material.

## ASH MAKOODÉE KOOFTA.

Cut the mutton into small slices, the size of almonds,

Mutton . . .	1 seer.
Minced-meat	$\frac{1}{2}$ "
Ghee . . .	$\frac{1}{4}$ "
Egg ...	one.
Onions . . .	$\frac{1}{8}$ seer.
Soya greens	} $\frac{1}{8}$ sr. each.
Paluk	
Chukunder	
Carrots	
Sugar . . .	
Lime-juice	} 2 mashas.
Cinnamon .	
Cloves . . .	} $1\frac{1}{2}$ do. ea.
Cardamoms	
Saffron . . .	1 masha.
Almonds . .	9 "
Black pepper	$\frac{1}{2}$ tolah.
Coriander seed	4 "
Chillies . .	2 mashas.
Green ginger	2 tolahs.
Salt . . .	3 "
Ground . .	4 "

and fry it with some of the onions sliced in ghee; then add as much water as will serve to dress the meat; when done, remove it from the gravy and give it a "baghar"\* with the cloves and a little more ghee; take the raw minced-meat with the rest of the onions and green ginger chopped fine, the salt and black pepper; mix or pound these well together, add the white of the egg, and form the mass into small balls the size of marbles and fry them in ghee; make a syrup with the lime-juice and sugar, and put one-half of

the fried balls or kooftas into it, and the remainder of the balls into the gravy first made from the meat, with the chillies and coriander seed roasted and ground as for a curry; mix these well together, then add the fried meat, cinnamon, and cardamoms, with the vegetables previously dressed; grind the almonds with the rice in a little water and mix this also; cover the saucepan close and give it a boil for a few minutes, when remove from the fire and add the fried balls and syrup. Serve with the saffron sprinkled over it (*Crocus Sativus*).

N.B.—For native or Hindustanee terms for the several ingredients named in this and all subsequent recipes, *vide*

\* For an explanation of this term. see p. 362.

Glossary of Terms at the end of this chapter. The terms, if not found under the head of "Ingredients for Curry-stuff," will be found in the list headed "Glossary of Terms," which follows the "Ingredients for Curry-stuff."

## ASH MASTHANA.

Place the meat in an empty vessel over the fire, allow it to

Mutton . . .	1 seer.	draw until a scum forms on the meat,
Ghee . . .	$\frac{1}{8}$ "	which must be scraped off, then slice
Onions . . .	4 mashas.	the meat and the onions and grind the
Green ginger . .	2 tolabs.	"mussalah;"* put the whole into a
Rice . . .	$\frac{1}{8}$ seer.	saucepan with the paluk, chunnah,
Chunnah, peeled	2 tolabs.	and the rice soaked the previous night;
Tyre . . .	1 seer.	add the saffron with some water and
Paluk . . .	$\frac{1}{8}$ "	boil it briskly until the meat is done;
Cinnamon . . .	2 mashas.	strain the tyre and add it with some
Cardamoms . . .	1 masha	ghee, a little zeera, salt, a clove
Cloves . . .		or two of garlic and the mint chop-
Chillies . . .		ped; mix the whole together, give it a boil-up and serve.
Saffron . . .	each.	
Coriander, roasted .	2 tolabs.	
Mint . . .	1 "	
Salt . . .	2 "	

## ASH SUNGSHERE.

Cut the meat and onions in slices and fry them in ghee,

Mutton . . .	1 seer.	add a little water and the chunnah
Ghee . . .	$\frac{1}{4}$ "	to it, and boil until the meat is done;
Tyre . . .	1 "	strain off the gravy, fry the meat
Milk . . .	1 "	again in a little ghee with the cloves
Rice . . .	$\frac{1}{8}$ "	and coriander seed ground, until it
White chennah	2 tolabs.	is dry; then put it into a saucepan
Blanched almonds .	2 "	with the milk and tyre strained, and
Onions . . .		give it a boil, add a few tolabs
Carrots . . .	$\frac{1}{8}$ sr. each.	weight of ground rice and stir it
Paluk . . .		well; throw in the remainder of the
Soya greens . . .	1 masha	rice, together with the spices, carrots,
Cardamoms . . .		soya, and paluk; next fry the almonds
Cloves . . .	each.	in a separate pan, mix the whole
Coriander seed . .	2 tolabs	
Green ginger . . .		
Salt . . .	each.	
Cinnamon . . .	1 tolabs.	

\* All the spices or seasoning ingredients used in native cookery are called "mussalah."



together with the strained gravy, and simmer gently until cooked.

#### ASH BOGURRAH.

Cut the meat in pieces, slice the onions, grind the mussalah into a paste with a little water and add it to the meat, fry the whole in ghee till brown; then add a proportionate quantity of water and simmer the meat till tender; next knead the flour into a paste with some toddy or *kummeer*;\* roll it out flat, double it into six or seven layers, and cut it into slices about two inches long and half an inch in breadth, boil these in water and add to the meat, shake the whole over the fire for a few minutes and remove. Serve with the saffron sprinkled over it.

#### ASH LINGRA JAGURATH.

Cut the meat in pieces, grind the mussalah into a paste with the green ginger and garlic, and fry the whole in ghee; next knead the flour as in the last receipt, roll it flat and cut it into small square pieces, strain the tyre through a cloth, and boil the dough thus prepared in it with the chunnah and boont; then add the meat with a small quantity of water, and simmer till tender; give the whole a "baghar" with the cloves and serve, sprinkling the saffron on the top.

#### ASH LUNGARA CHASNEEDA.

Boil the meat with the chukunder and carrots, cut into slices with the mussalah ground into a paste; remove from the vessel and

\* Leaven.



Sugar . . .	$\frac{1}{2}$ seer.
Lime-juice . . .	$\frac{1}{2}$ "
Onions. . .	$\frac{1}{4}$ "
Chukunder . . .	1 "
Carrots . . .	1 "
Paluk . . .	$\frac{1}{2}$ seer
Soya greens. }	each.
Cinnamon . . .	2 mashas each.
Cloves . . .	
Cardamoms. }	
Saffron . . .	
Green ginger . . .	2 tolahs.
Capsicum. . .	1 masha.
Salt . . .	2 tolahs.
Coriander. . .	1 "

strain off the gravy; "baghar" it with ghee and onions, add to the gravy the paluk and soya, prepare the flour as in Ash Bogurrah, put it with the gravy containing the paluk and soya, boil up the whole, then throw in the meat and remove from the fire; when cold, mix in the syrup, sprinkle over the saffron ground in water and serve.

## ASH KOOSHTHULLEE.

Fry the onions in ghee till brown, cut the meat into pieces and throw it into the stewpan with the coriander previously roasted and ground, and fry it brown; add a seer of water, and simmer till done, next boil in a separate vessel the chennah, chukunder, paluk, and the carrots; when sufficiently dressed, put them with the meat, and the rest of the mussalah ground into a paste; knead the flour with water and make a dough, which form into small balls, and gradually throw them into the pot; take the vessel from the fire, remove its contents into a

separate dish, mix the sugar previously made into a syrup with the lime-juice, and lastly the saffron ground in a small quantity of rose-water; mix this with the whole, when it is to be served.

## ASH BAVURTHIA.

Take half of the meat, cut it into small pieces, and fry with a part of the pounded mussalah in a portion of the ghee till brown; mince the remainder of the meat, and

Mutton . . .	1 seer.
Flour . . .	$\frac{1}{4}$ "
Ghee . . .	$\frac{1}{2}$ "
Chunnah. . .	1 tolah.

Boont . . . .	1 tolak.	fry it with the chunnah and boont and
Hard tyre . .	2 seers.	the remaining ground mussalah ;
Onions . . . .	$\frac{1}{2}$ "	knead the flour with water and form
Green ginger .	1 tolak.	it into square cakes ; place the fried
Garlic . . . .	$\frac{1}{2}$ "	mince on one side and turn over the
Cinnamon . .	} 2 mashas each.	other so as to enclose the meat and
Cloves . . . .		form a triangle in shape ; press the
Cardamoms . .		edges close, fry them first in ghee,
Saffron . . . .		then remove and boil them in water
Capsicums . .		
Coriander seed	1 tolak.	
Salt . . . . .	2 "	
Garlic . . . . .	2 mashas	

mixed with the tyre ; now place a clean pan on the fire with some garlic, cloves, and ghee, throw into it the meat that was first fried, add the water in which the cakes were boiled, and allow the whole to simmer till the meat becomes soft ; then add the cakes, remove the pan, grind the saffron in water and mix it with the ash.

#### ASH JOW.

Boil the jow three successive times in a small quantity of water, the fourth time add a little

Jow, or Indian } barley. . . .	$\frac{1}{2}$ seer.	more than on the former occasion
Meat . . . . .	1 "	and continue boiling ; cut the meat
Onions . . . . .	$\frac{1}{8}$ "	in pieces, and mix it with the
Garlic . . . . .	1 masha	usual mussalah for a good curry
Cloves . . . . .	each.	

and dress it ; when the meat is quite soft, strain the gravy, and add the meat to the boiled jow ; now put in a clean stewpan with some ghee the sliced onions, garlic, and a little spice ; place it on the fire until the onions are browned. The jow, meat, and gravy are to be now quickly thrown in and *covered*, and the mixture is to remain only a minute or so on the fire, shaking and repeating it three successive times. This latter process is termed by the Mussulman cooks "baghar."

#### ASH MAHECHA.

Grind the mussalah, cut the meat into pieces, and fry

Mutton . . .	1 seer.		altogether in the ghee ; when nearly
Flour . . .	$\frac{1}{4}$ "		dry add water in proportion and
Ghee . . .	$\frac{1}{4}$ "		allow it to simmer, next form the
Onions . . .	$\frac{1}{4}$ "		flour into a thin paste with water,
Sugar . . .	$\frac{3}{4}$ "		cut it into small cakes and throw
Limes . . .	$\frac{1}{4}$ "		into the meat, shake the whole
Blanched almonds	$\frac{1}{8}$ "		together ; when the cakes are quite
Raisins . . .	$\frac{1}{8}$ sr. ea.		cooked, " baghar " the whole three
Pistachio. . .			successive times ; allow it to cool
nuts . . .			and mix in the lime-juice and sugar
Cinnamon . . .	2 mashas		made into syrup ; now bruise the
Cloves . . .			pistachios and almonds, add them with the raisins to the
Saffron . . .	each.		whole, and serve for use.
Cardamoms . . .	2 tolahs		
Green ginger } . . .			
Coriander . . .	each.		
Salt . . . . .	3 tolahs.		

## ASH AGRA SHEER.

Take any quantity of prepared dough, spread it out with a roller, sprinkle some dry flour on the surface, roll and cut it into very thin slices and expose them for a short time to the air, then boil them in water, when remove and press them gently with a cloth, and throw them into warm sugar-candy syrup and milk, when it is fit for use.

## ASH DERBAHESTH.

Boil the milk, make the sugar into a clear syrup, mix both together and set it aside, knead the flour into a paste, spread it with a roller, and cut it into pieces of the shape and size of almonds ; expose it for a short time to the air, then fry in ghee, throw them into the milk and syrup, boil the whole for a few minutes, after which it is ready for use.

## MYHE JOGURATH.

Strain the tyre through a cloth, dry on the fire a little of the rice, pound it and mix into the tyre, set the saucepan on a gentle fire ; next wash the remainder of

Hard tyre . . .	1 seer.
Milk . . .	1 "
Rice . . .	$\frac{1}{2}$ "

the rice and throw it in ; when nearly boiled, add the milk and continue boiling until done : it is then fit for use. Add, either salt or sugar, according to taste.

#### ANOTHER WAY.

Mix the tyre and milk together and boil them, now wash the rice, throw it into the vessel, and continue boiling until the rice is sufficiently cooked. Sugar or salt may be added to the taste.

### B R I A N E E .

#### ZAREBRIAN PUNNEEZEE.

Cut the cheese in small round slices and sprinkle them with the mydha, fry in ghee till brown,

Cheese. . . .	$\frac{1}{4}$ seer.
Rice . . . .	1 "
Ghee . . . .	$\frac{1}{8}$ "
Tyre . . . .	$\frac{1}{8}$ "
Onions. . . .	$\frac{1}{4}$ "
Mydha . . . .	2 "
Green chun- nah dhal } . . .	$\frac{1}{8}$ "
Cinnamon . .	2 mashas.
Cardamoms . .	} 1 masha each.
Cloves. . . .	
Saffron. . . .	
Green ginger .	1 tolah.
Salt. . . . .	2 "

then grind the cardamoms and saffron, mix in the tyre and put with the cheese ; spread on the bottom of a saucepan some bamboo sticks and place the cheese upon them, fry the onions, green ginger, and curry-stuff and put with the cheese, then parboil the rice and put it over with a small quantity of the rice-water ;

colour a little rice with saffron, put it into the saucepan under the rice on one side and the green chennah dhal on the other, and pour over some hot ghee ; make a plain biscuit or cake with a little flour and water, and place it upon the rice ; cover the saucepan, put a little live charcoal on the top, and boil the whole till the rice is done.

#### ZAREBRIAN NOORMAHALEE.

Cut the meat in large slices and season with a little salt

Meat . . . .	1 seer.	and some pounded ginger, let it
Rice. . . . .	1 "	remain for half an hour, then soak
Ghee . . . . .	$\frac{1}{8}$ "	it in the tyre for an hour ; put half
Tyre . . . . .	$\frac{1}{4}$ "	

Onions. . .	1 seer.
Green chun- nah dhall	} 1 "
Cinnamon . .	1 masha.
Cloves. . .	1 masha
Cardamoms . .	} each.
Saffron . .	1 masha.
Cummin seed . .	1 masha.
Green ginger . .	1 tolah.
Salt. . .	3 "
Coriander seed. . .	} 1 masha.

of the ghee with some sliced onions into a saucepan and fry them; when the onions are brown, put in the meat and fry it a little, then pour over it a small quantity of water with the coriander seed ground, and boil till the water rises up; add the spices and mix them together with

the meat, parboil the rice in plain water and put it upon the meat; have ready a little rice coloured with saffron, place it in the centre of the rice, spread over the green chunnah dhall, and pour upon it some hot ghee; cover the saucepan close and place it on a charcoal fire for an hour, when it will be ready for use.

## ZAREBRIAN ROOME.

Cut the meat in large slices and season it with some bruised green ginger, coriander and

Meat . . .	1 seer.
Rice. . .	1 "
Ghee . . .	1 "
Tyre . . .	1 "
Onions. . .	1 "
Cinnamon. . .	2 mashas.
Cloves. . .	1 masha
Saffron. . .	} each.
Cummin seed . .	1 masha.
Coriander seed . .	1 tolah.
Salt. . .	3 "

salt; soak it for an hour; grind some cardamoms, saffron, and cloves with the tyre, rub it in the meat and let it stand for a few minutes, then put it into a saucepan, adding all the remaining spices with half of the ghee; soak the rice in water for half an hour, wash it two or three times and put it over the meat, pour upon

it half a seer of water with the remaining ghee, and cover the saucepan close; place some charcoal fire upon the cover, and let it gently simmer until the water is wholly reduced.

## ZAREBRIAN JUNTUR.

Cut the meat in large slices, soak it in some bruised green

Meat . . .	2 seers.
Rice. . .	1 "
Coarse tyre . .	2 "
Ghee . . .	1 "

ginger and salt for an hour, grind the cardamoms and saffron with half the tyre and coriander seed, add



Onions . . .	$\frac{1}{2}$ seer.
Black pepper	2 mashas.
Cinnamon . .	4 "
Green ginger.	2 tolahs.
Cloves . . .	} 2 mashas
Cardamoms .	
Cummin seed	1 masha.
Coriander	} 2 tolahs.
seed . . .	
Saffron. . .	1 masha.
Salt. . . .	4 tolahs.

these together, rub over the meat and let it stand for a short time; put the meat into a saucepan with the cummin seed and spices and a little ghee; soak the rice in water for a few minutes and wash it in two or three waters; then mix a little salt in another basin of water, and

put the rice into it; stir it well, wash it again, and mix it with the remaining half tyre; put it over the meat, cover it close, simmer it gently until the tyre is dried up, pour over it a little ghee, and let it stand near the fire for an hour.

#### ZAREBRIAN KHOORASANEE.

Divide the meat as usual, and soak it for an hour with the

Meat . . .	2 seers.
Rice . . .	1 "
Tyre . . .	$\frac{1}{2}$ "
Ghee . . .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{4}$ "
Cloves . . .	} 2 mashas
Cardamoms .	
Saffron. . .	} 1 ditto.
Black pepper	
Cinnamon. .	4 mashas.
Coriander	} 2 tolahs
Green ginger	
Cummin seed	1 masha.
Salt. . . .	4 tolahs.

juice of the green ginger, some fried onions and pounded salt; grind some cardamoms, cloves, and saffron, and add to it a little coriander seed, water and tyre; mix the whole together and rub into the meat, put it into a saucepan, season with the curry-stuff, and pour over it the remaining ghee; wash the rice in two or three waters and boil it till

half cooked, put half of the rice over the meat with a little water and the remaining half of the rice with some ghee, and place a biscuit in the middle of the rice; colour a little rice with saffron and place this also under the rice on one side, cover the saucepan close and boil till the water is dried up on a slow fire, then remove it and let it remain by the side for half an hour longer, when it will be fit for use.



## ZAREBRIAN MAHEE.

Cut the fish in large pieces, clean and wash it well in three or four waters, rub over the gingilly oil and let it stand for half an hour; then wash it again with water, take the chunnah and anise ground and rub well over it; wash it again and soak it in half of the tyre for an hour; grind some cardamoms and cloves and mix it with a little pounded salt, some juice of the green ginger, and some fried onions; mix these together, rub well into the fish, and let it remain for half an

hour, then rub it with a mixture of tyre and saffron, and put it into a saucepan with the curry-stuff; parboil the rice in plain water, put it over the meat and pour over it the ghee; place in the middle of the rice a biscuit and a little rice coloured with saffron; cover the saucepan close and place some charcoal fire upon the cover; boil it on a slow fire till you hear the sound of the ghee bubbling; then take off the fire from the top, and let it simmer near the fire for half an hour.

## ZAREBRIAN MAHEE BAYKHAR.

Cut the fish in large slices, clean and wash it well three or four times in water, soak it in the gingilly oil for half an hour, then wash it again with water; rub it over with the chunnah flour and wash it again; rub it with some more flour and wash it again; bruise some lemon leaves, put them into a basin of water and rub the slices of fish with it, tie the slices of fish in a cloth, and boil in water until nearly done, then take them out and

Fish . . .	2 seers.
Rice . . .	1 "
Tyre . . .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{4}$ "
Ghee . . .	$\frac{1}{2}$ "
Roasted chunnah . . .	$\frac{1}{8}$ "
Cloves . . .	2 mashas
Cardamoms . . .	each.
Cinnamon . . .	4 "
Saffron . . .	1 "
Green ginger . . .	2 tolabs.
Coriander seed . . .	2 "
Cummin seed . . .	1 masha.
Anise . . .	1 tolak.
Salt . . .	4 mashas.
Gingilly oil . . .	2 tolabs.

Fish . . .	2 seers.
Rice . . .	1 "
Coarse tyre . . .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{4}$ "
Chunnah flour . . .	$\frac{1}{4}$ "
Gingilly oil . . .	2 tolabs.
Cinnamon . . .	4 mashas.
Cardamoms . . .	2 mashas
Cloves . . .	each.
Green ginger . . .	2 tolabs
Coriander . . .	each.
Saffron . . .	1 masha
Cummin seed . . .	each.
Anise . . .	1 tolak
Ghee . . .	$\frac{1}{2}$ seer.
Salt . . .	4 tolabs.

remove the bones if necessary ; mix up half the curry-stuff and saffron after it has been ground with a couple of eggs spread it over the fish as for a cutlet and fry it ; put a saucepan on the fire, spread into it some bamboo sticks, place the cutlets upon them and add the curry-stuff ; parboil the rice in plain water, put it on the cutlet, pour over it a little ghee, place in the centre a biscuit and a little rice coloured with saffron, and cover the saucepan close ; put some charcoal fire upon the cover and boil it on a gentle fire till you hear the sound of the ghee bubbling ; then remove the fire from the top, and let it simmer for half an hour.

#### ZAREBRIAN MAHEE NOORMAHALEE.

Scale and wash the fish well, cut in large pieces and wash

Fish . . .	1 seer.
Rice . . .	1 "
Ghee . . .	$\frac{1}{2}$ "
Coarse tyre .	$\frac{1}{3}$ "
Basun flour .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{8}$ "
Green ginger	1 tolah.
Cummin seed	1 "
Anise . . .	1 "
Gingilly oil .	6 "
Cardamoms	} 1 masha
Cloves . . .	
Cinnamon .	2 "
Huldie . . .	1 "
Salt . . .	3 tolahs.

it again, then rub it over with gingilly oil, set aside for half an hour, and wash it ; grind the anise seed, rub the fish with it and wash it again in water, then rub it with basun, mix the tyre with the fish, and let it stand for half an hour, washing it again ; bruise some onions and green ginger, put into a basin, and mix into it a part of the curry-stuff and a little salt ; rub the fish with this

and fry in the ghee, then add a little tyre, and boil it till it is dried up ; take it from the fire, remove the slices of fish out of the pan, and rub them over with fresh tyre and saffron ; spread some bamboo sticks into a saucepan and place the fish upon them, pour over it the gravy and the remaining curry-stuff ; parboil the rice in plain water, and put it over the fish with a little of the rice water ; colour a little rice with saffron, place it on the rice, and pour over some ghee ; make a biscuit to put in the centre of the rice ; cover the saucepau close, and place some charcoal fire

on the lid for a time; then take off the fire from the top, and let it simmer for a few minutes, when it will be fit for use.

## ZAREBRIAN KHASAH.

Take one half of the meat, cut it in large slices and score

Meat . . .	2 seers.
Rice . . .	1 "
Coarse tyre .	$\frac{1}{4}$ "
Ghee . . .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{2}$ "
Blanched almonds .	$\frac{1}{8}$ "
Green ginger	2 tolaks.
Cinnamon .	2 mashas
Cardamoms .	each.
Black pepper	1 masha
Cloves . . .	each.
Coriander seed	1 tolak.
Saffron . . .	1 masha.
Salt . . .	3 tolaks.

it with a knife, take one tolak of the green ginger bruised, with half of the curry-stuff pounded, add the tyre, salt, and some fried onions, and rub the meat over with these ingredients and keep it for an hour, then put it into a saucepan and add to it the remaining curry-stuff and some of the ghee; keep it on one side; cut the remaining meat as usual, and put it into a saucepan with

a proper quantity of water, some sliced onions, green ginger, fine salt pounded, and coriander seed, with a little ghee; mix these together and boil till the meat separates freely from the bones, which remove; then strain the gravy through a coarse cloth into a saucepan, mix into it a little tyre and the almonds well pounded; "baghar" it three times in ghee with cloves, and boil it till it is reduced to one half the quantity; parboil the rice in plain water, mix it with the gravy, boil till the gravy is nearly dried up, then put it over the meat with some rice coloured with saffron; pour over the whole a little ghee, let it simmer near the fire for an hour, when it will be ready for use.

## KHUBAB.

## KHUBAB DARAHEE.

Cut the meat into small squares; season it with the juice

Meat . . .	1 seer.
Tyre and ghee	$\frac{1}{2}$ "
Eggs, two.	
Green ginger	2 tolaks.

of the green ginger, tyre, and salt; give it a "baghar" in ghee with some fried onions; roast the corian-

Cardamoms . . .	2 mashas
Cloves . . .	each.
Salt . . .	3 tolahs
Coriander seed . . .	each.
Cinnamon . . .	4 mashas.
Pothee greens . . .	1 tolah.
Saffron . . .	1 masha.

der seed, grind and add it to the meat, with the salt and a small quantity of water; boil it gently until it is nearly dried up, then mix in half of the curry mussalah well ground; shake it and let it stand

over the fire for a short time, when take out the meat, set it on one side, and put in the pothee; boil the eggs hard, cut them into thin round slices, likewise some onions, and colour them red in the juice of the pothee; sprinkle the meat with the saffron ground to a powder, stick the slices through the middle on a wire or wooden skewer, first the meat, then onions and eggs, and so continue filing until all are skewered; rub the remainder of the curry-stuff over them and fry in ghee, when add a little water to finish the cooking. Serve them up.

#### KHUBAB THICKAH MAHEE.

Cut the fish into thin slices in the shape of dice, rub with

Fish . . .	1 seer.
Ghee and onions . . .	$\frac{1}{2}$ seer or 2 chittacks.
Tyre . . .	$\frac{1}{2}$ seer.
Cinnamon . . .	2 mashas
Cardamoms . . .	each.
Cloves . . .	1 masha.
Coriander . . .	1 tolah
Anise . . .	each.
Green ginger . . .	2 tolahs.
Gingilly oil . . .	4 mashas
Black pepper . . .	each.
Cumin seed . . .	
Some basun (or chunnah flour) and salt.	

the gingilly oil and wash it in water, then rub it over with the chunnah flour, let it remain a short time and wash it off; sprinkle over the meat some salt and the juice of the green ginger, rub it over with tyre and curry-stuff; cut some onions the same as the fish, and stick the pieces one by one on a wire skewer made for the purpose; after all are filed, roast them on a charcoal fire; while roasting, mix some water, tyre, and ghee, and baste them till

they are done, then pour over them some fresh ghee, and they are ready.

## KOOFTHA MAHEE SHAMY.

Rub the fish with gingilly oil, then wash it in water and rub with chunnah flour; soak the fish

Fish . . . .	1 seer.
Ghee . . . .	$\frac{1}{4}$ "
Onions . . . .	$\frac{1}{4}$ "
Ground green dhall flour . .	} 3 tolahs.
Khush-Khush, ground . . . .	
Roasted chun- nah flour . . .	} 2 "
Anise seed . . .	
Chunnah flour .	3 "
Cloves . . . .	} 1 masha
Cardamoms . .	
Cinnamon . . .	} 2 mashas.
Black pepper . .	
Green ginger . .	3 tolahs.
Coriander . . .	1 "
Gingilly oil . .	2 "
Salt . . . . .	2 "
Some tyre.	

in tyre for two hours, and afterwards wash well again; set aside about five tolahs weight, cut the remaining fish into small pieces, and give it a "baghar" in ghee with some fried onions and the ground coriander and salt; mix together; when done, take the fish out and chop it up with a knife; grind the green dhall, khush-khush flour, and the roasted chunnah flour with the white of an egg, mix with the five tolahs weight of uncooked fish the anise flour and tyre, slice

the green ginger and onions, and add the other curry-stuff; mix the whole together well with the hand and form the balls, fry them with one-fourth seer of ghee. If you wish to fry it as a kooftha in a mahee tava,\* do not mix the anise flour nor chop the meat so small; but if to serve as a chasneedar, put the koofthas in a pan with some sugar made into a syrup, and fry till all the syrup is dried up.

## KHUBAB THULAVEE.

Cut the meat into thick slices, season with green ginger

Meat . . . .	1 seer.
Ghee . . . .	$\frac{1}{4}$ "
Tyre . . . .	$\frac{1}{4}$ "
Mydah. . . .	$\frac{1}{8}$ "
Onions. . . .	$\frac{1}{8}$ "
Eggs, two.	
Cloves . . . .	} 1 masha
Cardamoms . .	
Cinnamon . . .	} 2 mashas.
Green ginger . .	
Coriander . . .	} 1 tolal
Some salt and black pepper.	

juice and tyre, give a "baghar" to the same in ghee with some fried onions, shake all well together; after the tyre is dried up add the coriander seed ground and roasted, with a little water, and let it boil till cooked; take the slices of mutton from the saucepan and strain the gravy, mix the mydah, the whites

\* A thin iron or brass pan used for frying.



of the eggs, the pounded curry-stuff, and salt together with the hand, rub this over the meat and fry it in ghee. If you wish to make it as chasneedar, add one-fourth seer of lemon-juice and one-fourth seer of sugar; make this into syrup, and when you have fried the khubab thulavee in the ghee, put in the syrup and boil until all the gravy has evaporated.

#### KOOFTHAY KHUBAB SHAMY.

Mince the meat, and "baghar" in ghee with some fried onions; mix with it some of the salt

Meat . . .	1 seer.
Ghee . . .	$\frac{1}{8}$ "
Onions . . .	$\frac{1}{4}$ "
Tyre . . .	$\frac{1}{4}$ "
Egg, one.	
Roasted chun- nah flour	} 2 tolabs.
Cardamoms . .	
Cloves . . .	} 1 masha
Cinnamon . .	
Green ginger	} 1 tolal
Coriander	
Anise flour	
Suet . . .	2 tolabs.
Black pepper	4 mashas.
Salt . . .	2 tolabs.

and ground coriander seed with a little water, shaking the pan over the fire till the water is dried up; take the onions, green ginger, suet, anise, and chunnah flour, mix them together with the meat, and pound the whole in a mortar; then add the ground curry-stuff with the tyre and the white of the egg; mix all well together with the pounded meat, form it into moderate-sized cakes or balls,

and fry them in the remaining ghee.

#### THICKAH KHUBAB.

Egg . . .	one.
Beef . . .	1 seer.
Ghee . . .	$\frac{1}{8}$ "
Onions . . .	$\frac{1}{4}$ "
Tyre . . .	$\frac{1}{4}$ "
Black pepper	} 1 masha
Cloves . . .	
Cardamoms . .	} each.
Cinnamon . .	
Green ginger	} 1 tolal
Coriander	
seed . . .	
Salt . . .	1½ tolal.

Cut the meat in thick slices, beat them well with the back of a knife, and rub them over with some salt, the juice of green ginger, and onions; grind some curry-stuff and add with it a little ghee and tyre; mix these together well, and rub over the meat; string the meat on a wire, and roast over a charcoal fire; mix some ghee

and tyre, and baste it while roasting.



## KHUBAB KOOFLEE.

Cut the meat in small pieces, slice some onions and unripe mangoes and fry them together in ghee, then mix some curry-stuff with them, and rub over the rolls of meat separately; string the slices on a skewer crossways, and bind the whole with string tight together and roast over a charcoal fire; while roasting, take a little flour and pounded almonds and mix in the tyre, and give it a "baghar" with some cloves in ghee; apply this to the meat while roasting.

## KHUBAB BYHEZAH.

Make a hole in the eggs, take out the inside and keep in a basin, slice the green ginger and onions, grind the curry stuff, beat the eggs well and mix all together; fill the shells with the mixture and close the holes up with paste, then boil them in water; when they are done, take them from the saucepan and remove the shells, prick them all over with a fork or pin, and string them on a wire skewer; cut the meat in slices and boil with water

Some eggs.	
Meat . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ "
Onions. . .	$\frac{1}{8}$ "
Tyre . . .	$\frac{1}{4}$ "
Blanched almonds	} $\frac{1}{8}$ "
Black pepper	
Cloves . . .	} 1 masha each.
Cardamoms .	
Cinnamon .	2 mashas.
Green ginger	} 1 tolah each.
Coriander .	
Some salt.	

as "Hegney;" strain the gravy in a saucepan, add some ground almonds, tyre, and flour; mix them together, and give a "baghar" to it in ghee with some cloves; roast the eggs over a charcoal fire, and baste them with the gravy till they are properly done.

## MYHEE KHUBAB.

Clean the fish well and cut off the heads, prick them all over with a fork, and rub over them the gingilly oil and keep them for two hours; afterwards wash them in water, now rub over the anise with the cummin seed ground, and wash

Fish . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ "
Tyre . . .	2 "
Meat . . .	$\frac{1}{4}$ "
Onions . . .	$\frac{1}{4}$ "
Chunnah flour	} $\frac{1}{8}$ seer each.
Raisins . . .	

Cloves . . .	}	1 masha each.
Cardamoms . .		
Saffron . . .		
Black pepper	}	2 mashas.
Cinnamon . .		
Green ginger .		
Coriander . .	}	3 tolabs.
Cumin seed . .		
Anise . . .		
Gingilly oil .	}	1 tolah
Salt . . .		
	}	each.
	}	2 do.

them again ; then rub with chunnah flour, after a little time wash it off ; soak the fish in tyre for two hours, take them out and dry them ; rub a little ground ginger, salt, onions, and some curry-stuff pounded over them, and let them rest for a short time ; mince the meat well, and give a

“baghar” to it in ghee with some fried onions, add some salt and coriander seed with a little water and fry it well, take some onions and fry in ghee, cut the green ginger thin, clean the raisins well, take a little ground curry-stuff and some tyre, and mix all these well together with the meat and “baghar” the whole in ghee ; stuff the fish with this mince and sew them up, rub them over with ground saffron, put them on a skewer or small spit and roast over a charcoal fire ; when half done, mix some tyre and ghee, and baste the fish with it until properly roasted.

#### KHUBAB KHANZ.

Clean the goose and wash it in water two or three times, then dip it in hot water and prick it

Goose . . .	one.	
Meat . . .	$\frac{1}{2}$ seer.	
Blanched	}	$\frac{1}{4}$ seer each.
almonds . .		
Raisins . .		
Green ginger	}	1 "
Tyre . . .		
Coriander seed		
Onions. . .	$\frac{1}{2}$ "	
Chunnah flour	$\frac{1}{8}$ "	
Cloves . . .	}	2 mashas each.
Cardamoms . .		
Black pepper		
Ground sandal-wood	}	1 tolah.
Anise . . .		
Cinnamon . .	4 "	

all over with a fork ; grind some anise and coriander seed, mix them together in a sufficiency of water, strain it into a saucepan and soak the goose in it for two hours ; afterwards wash it and rub it well with ghee, wash it again in water, grind some sandal-wood and mix this in the water, soak the goose in it for two hours and wash it again in water ; grind one-fourth seer of onions,

ginger, and salt, and rub over the goose ; lay it on one side ; mince the meat, and give a “baghar” in ghee

with some fried onions; add in it some ground coriander seed, water, and salt; mix together and shake it well while frying; fry the other one-fourth seer of onions; grind the curry-stuff, and mix these together; add the raisins after being stoned and cleaned; mix all these with the above meat, and stuff into the goose; sew it up with a string, and put it in a saucepan, with a sufficient quantity of water; boil it gently (if it is a young goose, boiling is not necessary); when it is half-boiled, take it out of the saucepan and put it on a spit over a charcoal fire; take some of the gravy in which the goose was boiled; grind some roasted almonds and a little rice in the same gravy; add a little tyre, curry-stuff, and ghee; mix these well together, and baste it with the same till it is properly roasted; after it is done, rub over it a little good ghee, and take it from the fire.

## MYHEE KHUBAB GOOSTHIE.

Mince the meat in pieces, and season with curry stuff and

Meat . . .	1 seer.
Ghee . . .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{8}$ "
Chunnah flour	$\frac{1}{8}$ "
Cinnamon . .	2 mashas.
Cloves . . .	1 masha
Cardamoms . }	each.
Black pepper	4 mashas.
Green ginger }	1 tolah
Garlic . . . }	each.
Coriander . . }	1 tolah.
seed . . . }	
Salt . . .	2 "

salt; then shape them like fish; boil them in ghee, with a little water in the saucepan, for about ten minutes; take them out of the saucepan; rub over the meat a little chunnah flour, garlic, and curry stuff mixed together and fry them in ghee; have ready some water mixed with garlic, and after the slices of meat are fried,

dip each slice in the garlic sauce, and let it remain for about one hour to cool; separate all the crusts from the meat, when it will taste like fish.

## KHUBAB MYHEE.

Wash the fish well and cover them of a sufficient thickness

Fish . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ "
Onions . . .	$\frac{1}{4}$ "
Chunnah flour	$\frac{1}{4}$ "

with some common paste; roast in hot wood-ashes until the paste is of a brown colour; then take the fish out of

Egg . . .	one.
Cinnamon . . .	2 mashas.
Cloves . . .	} 1 masha
Cardamoms . . .	
Black pepper . . .	
Saffron . . .	1 masha.
Roasted anise flour . . .	} 1 tolah
Coriander . . .	
Green ginger . . .	
Tyre . . .	3 tolahs.
Salt . . .	2 "
Roasted chunnah . . .	2 "

the paste, and remove all the bones ; take one quarter of a seer of raw chunnah flour and the fish, mix them well together with the ground curry-stuff, the egg, roasted chunnah flour, anise flour, and tyre, and form into the shape of small fish ; put some water in a saucepan, spread some grass over the water, and place the fish, one by one, on the grass ; cover

the saucepan close, and boil till the fish are firm enough to fry in ghee ; or they may be steamed. If you wish to make a chasneedar, take half a seer of sugar and one-fourth seer lemon-juice ; mix these, and make syrup ; after the fish are fried, dip them in syrup ; and as they dry, put some ground saffron over them.

#### THOORAHEE KHUBAB.

Cut off the tops, divide them down the middle, take out all

Thoorahce . . .	1 seer.
Meat . . .	$\frac{1}{2}$ "
Tyre . . .	$\frac{1}{2}$ "
Ghee . . .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{8}$ "
Cinnamon . . .	2 mashas.
Cloves . . .	} 1 masha
Cardamoms . . .	
Black pepper . . .	
Coriander seed . . .	1 tolah.
Green ginger . . .	1 "
Salt . . .	2 "

the inside, and rub them with salt ; mince the meat ; put it into a saucepan, and add some curry-stuff ; give a " baghar " to the same in the ghee, with some fried onions ; pour in a little water, and fry till the water is dried up ; stuff the mince-meat into the thoorahce, tie them with a string, file them on a skewer, and roast over

a charcoal fire ; when they are becoming brown, have ready some curry-stuff, tyre, and ghee mixed together, which rub over them till they are sufficiently done, then sprinkle them with plain ghee, and remove from the spit. Brinjals and cuddoo may be dressed in the same manner.

## KHUBAB, FOWL OR MEAT.

Clean the fowl, and prick it well over with a fork; roast

Fowl.	
Coriander seed . . .	} 1 chittack.
Green ginger . . .	2     "
Cardamoms . . .	} 2 mashas
Cloves . . .	} each.
Black pepper . . .	1 masha.
Tyre . . .	} 2 chittacks
Cream . . .	} each.
Onions . . .	4 chittacks.
Ghee . . .	1     "
Turmeric . . .	6 mashas.
Salt . . .	2     "

the coriander seed, and grind it with the ginger, cardamoms, cloves, black pepper, and salt; rub this into the fowl; fry the onions sliced, with the turmeric pounded in ghee, then add the cream and tyre; put the fowl to roast, and baste it while dressing with the cream mixture, to which may be added some sliced almonds,

with a few kishmises or currants with the stuffing. A shoulder of mutton may be dressed in the same way.

## KHAGINAH.

Beat the eggs well up; strain off the water from the dhye,

Eggs . . .	two.
Ghee . . .	2 chittacks
Gram flour, parched . . .	} 2 tolahs.
Salt . . .	2     "
Pepper . . .	4 mashas.
Coriander seed . . .	} 2     "
Cloves . . .	} 1 masha.
Cardamoms . . .	} each.
Onions . . .	1 chittack.
Tyre . . .	2     "

and mix the curd together with all the other articles previously ground very fine except the ghee, which is to be put on the fire, and when properly hot, pour in the prepared mixture of eggs, &c.; when done on one side, it must be turned on the other; then divide it in squares, and serve it.

## SHANAH KHUBAB.

Take a shoulder of mutton, without its bone, weighing

A shoulder of mutton.	
Ghee . . .	$\frac{1}{4}$ seer.
Tyre . . .	$\frac{1}{4}$ "
Onions . . .	$\frac{1}{8}$ "
Cloves . . .	} 1 masha
Cardamoms . . .	} each.
Black pepper . . .	2 mashas.
Cinnamon . . .	1 tolah.
Coriander seed . . .	2     "
Green ginger . . .	1 $\frac{1}{2}$ "
Salt . . .	1 $\frac{1}{2}$ "

about one seer; prick it well with a fork; and rub it over with the green ginger ground and some salt; fry the onions in ghee, and give a "baghar" to the meat; roast and grind the coriander seed, and add them, with some water; shake it well over the fire, and place in the meat; when it



is half done, add the curry-stuff, and keep it on the fire a little longer; then remove the meat, put it on a spit, and finish by roasting, basting it all the time with tyre and some of the gravy in which it was boiled; when done, pour over it a little good ghee and take it from the spit.

## KHUBAB KHUTAE.

Clear the meat well of bones and veins, mince it very finely, and mix it with the ginger and onions (duly bruised) and the other ingredients, together with the saffron made into powder; then take the dhye, put it in a towel, and squeeze out the water; after which mix in it the cream and the almonds; put the whole into the minced meat, with a part of the ghee; mix these well together, and make into small balls; this being done, take the remainder of the ghee, and set it on the fire;

when it is quite hot, put in the balls, and keep them frying until they become properly brown; then take the vessel down, and add the lemon-juice.

## KHUBAB PUKSUND.

Place the dhye in a towel and squeeze out the water; cut the mutton into small pieces, and apply to it the juice of the green ginger, pounded salt, onions, and the coriander after being roasted and well ground together, with the lime-juice and some saffron; then mix the cream with the almonds (peeled and bruised) into the tyre, which, together with the ghee, apply well to the pieces of the

Mutton . . .	1 seer.
Cream . . .	4 chittacks
Blanched almonds . . .	each.
Ghee . . .	$\frac{1}{2}$ seer.
Butter-milk . . .	
Green ginger . . .	2 chittacks
Onions . . .	each.
Dhye . . .	
Cloves . . .	1 masha
Cardamoms, small . . .	each.
Saffron and pepper . . .	4 mashas
Coriander seed . . .	1 chittack.
Juice of 4 limes . . .	
Salt . . .	2 tolahs.

Mutton . . .	1 seer.
Green ginger . . .	$\frac{1}{2}$ "
Dhye . . .	$\frac{1}{2}$ "
Cheese . . .	2 chittacks
Onions . . .	each.
Coriander seed . . .	1 chittack
Salt . . .	each.
Pepper . . .	$\frac{1}{2}$ chittack.
Ghee . . .	
Cream . . .	4 chittacks
Almonds . . .	each.
Juice of 4 limes . . .	
Cloves . . .	4 mashas
Cardamoms . . .	each.

mutton; lastly, cover them with the cheese, and tie together with a string; place these on a small spit or skewer, and roast over a low charcoal fire until they assume a perfect brown colour, when they are ready for the table.

## PLAIN KHUBAB.

Mutton . . .	1 seer.
Ginger . . .	1 chittack
Onions . . .	each.
Ghee . . .	2 chittacks.
Tyre . . .	4 "
Coriander . .	2 tolabs.
Pepper . . .	8 mashas.
Salt . . .	1 tolal.

Apply these ingredients to the mutton cut in pieces in the same manner and strung on a skewer as in the foregoing, and fry on a slow charcoal fire with ghee.

## MOORUG KHUBAB.

Mince the meat well; fry some onions in ghee, and mix with the meat; give a "baghar" to it in ghee, and put in it a little salt, water, and some ground coriander seed; mix these together, and simmer till the water is dried up; clean the fowl, and wash it well; rub it all over with a little juice of onions and green ginger; add some curry-stuff to the minced meat; stuff the fowl with it, and close it up; spit the fowl, and rub over it a part of the ground curry-stuff mixed with tyre; mix the remaining curry-stuff with some tyre, ghee, and a little water, with which continue to baste the fowl till well roasted; then pour over it a little ghee, and remove it from the fire.

## KHEEMAH KHUBAB.

Mince the meat and cut the green ginger and onions in small pieces; grind the curry-stuff with a little ghee; mix all together, and form into moderate-sized balls; stick them on a wire, and fasten

Mutton . . .	1 seer.
Ghee . . .	4 "
Onions . . .	4 "
Cloves . . .	1 masha
Cardamoms . .	each.
Black pepper .	each.

Green ginger . } 1 tolah  
 Coriander . } each.  
 Salt . . . 1½ tolahs.

with thread ; roast them a little over a charcoal fire, and take them off the wire ; put them in mahee tavah, or frying-pan, with some ghee and water, and let them fry till the water is dried up, and they are ready.

## KOREKAH KHUBAB.

Take a fowl or a fish ; clean and wash it nicely ; grind some salt, with some pieces of green ginger and onions, and rub over it well ; keep it on one side ; mince the mutton, and give a "baghar" to it in the ghee, with some fried onions ; add some ground coriander seed with water and salt ; shake them well together, and fry them in the ghee ; afterwards mix in it some curry powder, and stuff the force-meat into the fowl or fish ; sew it up with thread, and rub over it some saffron and curry-stuff, with a little cinnamon ; put the fowl or fish in an earthen pot ; pour over it some ghee, and close the top with a plate or cover, and join it well with some common (flour) paste, and bake it in an oven.

## KHUBAB HOOSSAINEE.

Cut the meat a little larger than almonds ; rub the pieces over with some salt, juice of green ginger, and tyre ; cut some onions in slices and fry them in a little ghee, and put them on one side, give a "baghar" to the meat in the same ghee ; when the meat is getting dry, add a little coriander and water, and let it simmer gently on a slow fire for an hour ; after the meat is boiled, file it

Meat . . . 1 seer.  
 Ghee . . . ½ "  
 Tyre . . . ¼ "  
 Onions . . . ½ "  
 Cinnamon . . 2 mashas.  
 Cloves . . . } 1 masha  
 Cardamoms . } each.  
 Black pepper . }  
 Green ginger . } 1 tolah  
 Coriander . . } each.  
 Salt . . . 1½ tolahs.

on a small skewer of bamboo or silver wire, one slice of meat first, and a slice of onions, one by one, and so continue to file them on as many wires as you wish; sprinkle over them some ground curry-stuff, and fry them in a pan with ghee, adding a little water for the purpose of softening the meat; when done, remove them off the fire, and serve.

## INGREDIENTS FOR CURRY POWDER.

FOUR RECEIPTS, THE LAST SPICED.

	No. 1.	No. 2.	No. 3.	No. 4.	
	lbs.	lbs.	lbs.	lbs. oz.	
Coriander seed ...	20	12	3	1 0	To be well roasted.
Turmeric ...	4	2	1	1 2	Pounded.
Cummin seed ...	1	2	$\frac{1}{2}$	1 2	Dried and ground.
Fenugreek ...	1	1	$\frac{1}{2}$	0 4	
Mustard seed ...	1	1	$\frac{1}{2}$	0 4	{ Dried and cleaned of husks.
Ginger, dried ...	2	2	$\frac{1}{2}$	1 0	
Black pepper ...	2	1	1	1 0	
Dried chillies ...	1	2	1	0 12	
Poppy seed ...	2	2	1	0 12	
Garlic*	2	1	1	0 12	
Cardamoms ...	2	1	1	0 8	{ Pounded.
Cinnamon ...	2	1	1	0 8	

Salt in proportion to be added when using the curry powder, as well as garlic or shalots.

The whole to be cleaned, dried, pounded, and sifted, then properly mixed together and put into bottles, well corked. A table-spoonful is sufficient for a chicken or fowl curry.

\* Is usually omitted in making curry powder intended for keeping, on account of its moisture and becoming mouldy.

## INGREDIENTS FOR A CURRY.

TO BE ADDED TO FOWL, MEAT, OR FISH.

Two table-spoonsful of ghee, one small onion, two shreds of garlic, huldie eight mashas, green ginger one tolah, a slice of cocoa-nut ground, one dessert-spoonful of salt, one table-spoonful of coriander seed roasted, twelve dried chillies, a table-spoonful of chironjie or khush-khush seeds.

A very excellent mild curry is generally prepared on the Coast, where cocoa-nuts are abundant, in the following manner, either with fowl, meat, fish, or prawns :—Scrape or grate fine the inside of a ripe cocoa-nut ; place it in a basin, and pour half a pint of boiling water upon it ; let it stand without stirring for a minute or two ; then strain it off, and set it on one side ; again replace the ground nut in a basin, and repeat the process with about one pint or less of hot water ; stir it up, and let it stand a short time ; strain this into the saucepan in which the curry is to be dressed, adding the meat, fowl, or fish, with the following ingredients :—

If fish is to be curried, clean and cut it into slices ; if prawns, add them whole ; crabs or lobsters must be picked from the shell ; fowls or chicken carefully cut up into joints, and meat in slices ; place either of these in the cocoa-nut water, with a clove of garlic, and one or two onions shred, a dessert-spoonful of turmeric pounded, six green chillies divided in half, and a few slices of green ginger, with a moderate portion of salt, and let it boil ; as the meat, fowl, or fish is nearly dressed, add two spoonsful of fresh butter, stirring all together. When nearly finished dressing, lastly add the first portion of reserved cocoa-nut water ; and as it boils, squeeze in the juice of a lime to give it a proper acidity. A few slices of green mangoes, if in season, may be boiled in the curry ; and if the gravy appears too thin, it may have a little flour rubbed up with the butter.

## ANOTHER WAY.

Take three table-spoonsful of ghee, the same of dhye, dried chillies, turmeric, coriander seed roasted, dried ginger,



each one drachm and a half ; fenugreek roasted, poppy seeds, black pepper, chironjie nuts, of each one drachm ; twelve sweet almonds blanched, cocoa-nut half an ounce, twelve cloves, and half a lime ; the whole of these ingredients, with the exception of the almonds and nuts, are to be ground up separately, either on a stone or in a mortar, with a sufficient quantity of water to form a paste ; the almonds, chironjie, and cocoa-nut must be pounded together ; and where these are not procurable, a tea-spoonful of sweet oil may be substituted. Curries may be acidulated with dried or green mangoes ; green, ripe, or salted tamarind ; lime-juice or vinegar. In England, green gooseberries, apples, stick rhubarb, and other acid fruits may be substituted.

Cut up the fowl, meat, or fish into its proper pieces ; put them into a pan over the fire, with some sliced onions, and fry until brown in ghee or butter ; when the onions and meat are nearly done, add the curry ingredients, and simmer the whole gently with a little water, cocoa-nut milk, or broth, if more gravy is required.

## CURRIES.

### QUOORMAH.

Cut the meat into small pieces after being nicely washed ;

Mutton . . .	1 seer.	then grind on a stone the other
Coriander seed	1 tolah.	ingredients separately, mixing them
Garlic . . .	3 mashas.	together with the butter and salt,
Red chillies .	4 "	and rub the slices of meat over
Salt . . .	3 "	with it ; have ready seven tolahs of
Green ginger	6 "	butter, tyre (or whey of curds)
Coriander	} 1 tolah.	half a pound, salt nine mashas,
leaves . . .		cloves one masha, cinnamon one masha, cardamoms in pods
Onions . . .	1 "	two mashas, onions cut into thin slices three tolahs ; then
Butter . . .	12 "	mix the whole well together with the meat, and place it in a

well-tinned saucepan with a cover over a gentle fire, stirring

it occasionally, until the tyre and gravy from the butter is absorbed, leaving the meat of a nice brown. If it be required to make the meat very tender, it may be as well first to simmer it gently for a time in some broth previous to rubbing it over with the first-mentioned mussalah.

## ANOTHER WAY.

Slice and wash the mutton several times; pound the green ginger fine, with a little ghee and salt, and rub over the meat; then warm the ghee, and put in the sliced onions; when they become brown, put in the mutton, and fry it well, adding the garlic ground with a little water, also the cloves, cardamom seeds, and pepper pounded; when the meat becomes tender, put in the cream and almonds, and lastly the lemon-juice and saffron; after a little time take the stewpan down, and let it rest on an easy charcoal fire, when in the course of twenty minutes it will be fit for serving.

## FISH CURRY.

The native way is to cut a seer of fish into slices, dip it in a little oil, and rub it with pounded raw grain; let it remain a short time, and wash it off; then partially fry it in ghee, with a sufficiency of salt and eight or ten dried chillies, a pinch of fenugreek seed and kala zeera; then mix a few dried pounded chillies, some turmeric roasted, coriander seed, fenugreek and kala zecra, with some sliced onions and a clove of garlic pounded; cover this well over the fish, and place it again into the ghee, with the fried chillies, adding sufficient water to dress it. An acidity may be given with tamarind juice, green mangoes, vinegar, or lemon;

Mutton . . .	1 seer.
Ghee . . .	$\frac{1}{2}$ "
Tyre . . .	$\frac{1}{2}$ "
Onions, sliced	4 chittacks.
Salt . . .	1 "
Cloves . . .	1 masha
Cardamoms. }	each.
Pepper . . .	4 mashas.
Garlic . . .	3 "
Almonds	} 4 chittacks.
pounded. }	
Cream . . .	each.
Saffron . . .	1 masha.
Turmeric . .	4 "
Green ginger	6 "
Juice of 5 limes.	

vegetables may be added in the same way as directed for vegetable curries, putting in a layer of vegetables, and then a layer of fish, shaking the saucepan to prevent the fish from breaking and burning.

*Obs.*—The vegetables usually added to the fish curries are cauliflower, fennel, mathee, mooringa pods, and leaves.

## ANOTHER WAY.

The dried chillies to be well pounded in a mortar; then

Fish . . .	1 seer.
Ghee . . .	} $\frac{1}{8}$ sr. each.
Dhye . . .	
Onions . . .	$\frac{1}{4}$ "
Dried chillies	} 1 tolah each.
Green do.	
Green ginger	
Garlic . . .	
Salt . . .	2 tolahs.
Mathee ka	} 1 tolah each.
bajee seeds	
Zeera . . .	
Tamarind . .	2 tolahs.
Turmeric . .	1 tolah
Dhunnia . .	each.
A few leaves of kotemear (green coriander).	

the ginger, garlic, zeera, mathee ka bajee seeds, dhunnia, turmeric, and half of the onions to be mixed with the dried chillies, and all well pounded or ground up together; the remaining half of the onions to be browned in ghee. The juice to be extracted from the tamarind and mixed with dhye, ghee, browned onions, kotemear leaves, and green chillies, and added to the fish. Let the whole simmer until done.

## LOBSTER CURRY.

Pick the meat from the shell of a lobster, and cut it into nice square pieces; fry two onions of a pale brown in one ounce of butter; stir in one table-spoonful of curry powder and half a pint of medium stock, and simmer till it thickens, when put in the lobster; stew the whole for about twenty minutes, stirring it occasionally, and just before sending to table put in the juice of half a lemon; serve boiled rice with it, the same as for other curries.

## DRESSED SALMON CURRIED.

Take a large onion, cut it into small slices, and fry it in an ounce of butter till of a light brown colour; put it into

three quarters of a pint of strong stock, with a table-spoonful of curry powder, one table-spoonful of Harvey sauce, and a tea-spoonful of anchovy sauce, the juice of half a lemon, cayenne and salt to taste; simmer all gently till the onion is tender, stirring it occasionally; cut the remains of any boiled salmon into small square pieces, carefully take away all skin and bone, lay it in the stewpan and let it gradually heat through, but do not let it boil long.

*Obs.*—Fresh salmon cut in slices may be curried in the same manner.

#### FOWL CURRY.

Take and cut the fowl by joints, and add to it some sliced onions, green ginger, black pepper,

Ghee . . . .	$\frac{1}{4}$ seer.
Kabool chunnah	$\frac{1}{4}$ „
Onions . . . .	$\frac{1}{4}$ „
Coriander seed	1 tolah.
Salt . . . . .	2 „
Cinnamon . .	} 2 mashas each.
Cloves . . . .	
Cardamoms . .	
Black pepper .	1 masha.
Green ginger .	1 tolah.

salt, and coriander seed, all ground well; wash the kabool chunnah, and boil it in a little water till it becomes tender, and put it to the fowl; strain the gravy into a saucepan, and mix the curry-stuff well with it; give a “baghar” to it in ghee with cloves;

put the fowl into a stewpan with some ghee, and fry it; then pour the gravy over it; let it simmer for a short time, and serve it up.

#### ANOTHER WAY.

Cut up a fowl into joints, and rub into it a table-spoonful of curry powder, with a little salt; take two ounces of butter, and fry in it two table-spoonsful of minced onion; when it becomes a light brown, put the chicken into it; fry it until it becomes a light brown, then pour into the same half a pint of boiling water, and let it simmer gently till the fowl is tender; when to be dished, add a little lemon-juice. The above should be dressed in a pan, with a lid to it, so that when simmering it be kept covered.

## CHICKEN CURRY.

Take a chicken weighing about a pound and a half, and cut it into the smallest joints, and wash in water ; sprinkle over them a large tea-spoonful of salt ; then cut up two small onions, and fry them in a chatty or stewpan, with a table-spoonful of butter or ghee, until brown ; add now the chicken to it, and fry for ten minutes longer ; this being done, add two table-spoonsful of curry powder (or one of curry paste and one of curry powder, which makes delicious curry), with three wine glasses of cold water ; stir all well together and stew for ten minutes longer, and it is ready, when you will have a real Indian and exquisite curry. The same quantity of mutton, veal, pigeons, partridges, fish, &c., may be substituted for chicken.

## MATHEE KA BAJEE AND FENNEL CURRY WITH MEAT.

Brown half of the onions in ghee ; having pounded the turmeric, mix it with the onions ;

Meat . . .	$\frac{1}{2}$ seer.
Ghee . . .	6 tolaks.
Dhye . . .	6 "
Onions . . .	5 "
Green ginger	} 5 "
Garlic . . .	
Salt . . .	
Turmeric . .	} $\frac{1}{2}$ tolak
Dhunnia . .	
Dried chillies	
Green do. .	each.
Some leaves of kotemear.	
and the juice of one	
lime.	
Mathee ka bajee and fen-	
nel, a bundle of each,	
picked and cleaned.	

grind the green ginger, garlic, dhunnia, and dried chillies ; mix them with the turmeric and onions ; then put in the meat and dhye, with a little water ; let it simmer a short time, and keep stirring the mixture with the meat till it becomes brown ; cut the remaining onions into thin slices ; mix it with the greens, and put them in the saucepan with the curry, and simmer till done ; take it off the

fire, and squeeze in the juice of a lime.

## DOEPEAZA THOORAHEE, OR THURRI.

Clean the thoorahee, and cut them in small pieces ; sprinkle

Meat . . .	1 seer.
Thoorahee .	1 "

with salt, and keep for an hour ; then wash them in water ; fry in ghee, and



Ghee . . .	} $\frac{1}{4}$ sr. each.	put them on one side ; cut the meat in small pieces, and wash it in water ; rub it with some pounded ginger, onions, salt, and garlic, with the tyre ; give a "baghar" to it in ghee with cloves, and boil it till the tyre is dried up ; then fry it well in ghee, add a little water, and boil it
Onions . . .		
Coarse tyre . . .		
Garlic . . .	} 2 tolabs each.	for a short time ; put the thoorahée to the curry ; stir them together with a spoon, and simmer it for a short time longer.
Ginger . . .		
Salt . . .		
Turmeric . . .	2 mashas.	
Cinnamon . . .	2 "	
Cloves . . .	1 "	
Cardamoms . . .	1 "	
Black pepper . . .	1 "	

for a short time ; put the thoorahée to the curry ; stir them together with a spoon, and simmer it for a short time longer.

#### DOEPEAZA HURWEE, OR ERVEE.

Clean the hurwees, and divide them into halves ; put them

Mutton . . .	1 seer.	into a vessel, and soak in several waters to sweeten ; remove and dry them in the sun or near the fire ; after which fry them in a little ghee till they are sufficiently brown, and lay them aside ; cut the meat in small slices and wash it in cold water ; pound some ginger, onions, and garlic, squeeze the juice and put
Hurwee . . .	1 "	
Ghee . . .	$\frac{1}{2}$ "	
Tyre . . .	$\frac{1}{2}$ "	
Onions . . .	$\frac{1}{8}$ "	
Turmeric . . .	2 mashas.	
Green ginger . . .	2 tolabs.	
Garlic . . .	1 "	
Salt . . .	2 "	
Cinnamon . . .	} 1 masha each.	
Cardamoms . . .		
Cloves . . .		
Black pepper . . .		

it into a basin with some salt and tyre ; mix all together and rub it on the mutton ; give a "baghar" to it in ghee with the cloves, and boil it with the rest of the tyre until it is dried up, then fry it well, add a little water, the curry-stuff, and the hurwee ; mix them together and simmer till the whole is done ; when ready, grind some saffron, stew it over the meat, and serve.

#### DOEPEAZA RUTHALOO.

Take the ruthaloo, clean and cut it into round slices,

Ruthaloo . . .	1 seer.	take some salt, the juice of green ginger, and ujoovan, mix them with
Ghee . . .	$\frac{1}{4}$ "	
Tyre . . .	$\frac{1}{8}$ "	

Green ginger } 1 tolah.  
 Ujoovan . . . } each.  
 Salt . . . 1½ "  
 Cinnamon . . 2 mashas.  
 Cloves . . . }  
 Cardamoms . . } 1 masha  
 Black pepper } each.  
 Turmeric . . 3 mashas.

the tyre, rub over the ruthaloo and put the pieces in the sun for two hours; take half a tolah of turmeric, grind it, mix it with the ruthaloo, and give a "baghar" in ghee with cloves; then add some water and boil it gently on the fire; when done, put in the curry-stuff, shake it together, and let it stand on the fire for ten minutes, when it will be fit for use.

## KULLEAH CHOWLAHEE.

Take the chowlahee greens, wash and pick free from dirt, grass, &c.; cut them in pieces, put them into a saucepan with water, and boil, then separate the greens from the water; cut the onions in small slices, fry them in ghee, and put them over the greens with some salt; fry the garlic sliced in ghee till it becomes brown, then mix it with the greens and give them a "baghar;" grind the green coriander and add to the greens; when tender, put it to the curry-stuff and shake the saucepan well; boil the eggs hard, cut them in two, place them over the greens, and let the whole simmer for a short time.

## KULLEAH MAE.

Clean and cut the fish into pieces, prick them over with the point of a fork, and wash the pieces with chunnah flour; next rub them over with oil, salt, and saffron; allow this to remain for an hour, then wash it off; rub them again with chunnah flour and tyre, wash it off with lemon-juice; lastly, rub the fish with the aniseed and zeera

Fish . . . 1 seer.  
 Ghee . . . }  
 Tyre . . . } ¼ " each.  
 Chunnah flour ¼ "  
 Thillee oil . ½ "  
 Onions . . . ¾ "  
 Tamarind . . ¼ "  
 Green ginger }  
 Coriander . . } 1 tolah  
 Garlic . . . } each.  
 Aniseed . . . }  
 Zeera . . . }

Salt . . .	2 tolahs.	} 1 masha each.	ground in water ; when the fish is thus prepared, grind the whole of the mussalah and mix it with the fish, place a vessel on the fire with ghee, and when hot throw in the pieces and shake them gently, grind the tamarind and pour it upon the fish, cover the saucepan close and cook it with a gentle heat, taking care whilst dressing that the fish is not broken in the gravy.
Cinnamon . .	2 mashas.		
Cloves . . .			
Cardamoms . .			
Capsicum . .			
Turmeric . .	1 tolah.		

## ANOTHER WAY.

The fish is to be cleaned, cut, and prepared in the same manner as the last ; grind the mussalah into a paste, rub the fish over with it and fry in ghee, stirring all the while ; then grind the rice in water and pour it upon the fish, close the mouth of the vessel and allow it to boil ; when sufficiently cooked, pour in syrup with lime-juice ; carefully stir the whole and serve it.

## BIZAH SADAH.

Boil the eggs until quite hard, then take off the shells and separate the whites from the yolks ; cut the white part into slices, and put the yolks into a saucepan with half of the curry-stuff that has been well ground up with some salt, black pepper, a little turmeric, and part of the ghee ; mix all together, fry some of the onions sliced in a little ghee to a fine brown, add to the eggs and spices and fry them together ; mix the remainder of the onions, saffron, and curry-stuff with a small quantity of water, and boil the whole for a few minutes ; squeeze a lime over and serve.

Eggs . . .	ten.
Ghee . . .	$\frac{1}{2}$ seer.
Salt . . .	1 tolah.
Saffron . . .	$\frac{1}{2}$ masha.
Turmeric . .	1 tolah.
Cinnamon . .	} 2 mashas each.
Cloves . . .	
Cardamoms . .	
Black pepper	1 masha.
Lime . . .	one.

## KULLEAH BIZAH.

Take and mince the meat small, give it a "baghar" in ghee

Eggs . . .	ten.
Meat . . .	1 seer.
Ghee . . .	} $\frac{1}{4}$ " each.
Onions . . .	
Saffron . . .	1 "
Blanched almonds . . .	} 2 tolahs each.
Rice . . .	
Mydah, or flour	2 tolahs.
Roasted coriander seed	} 2 "
Green ginger.	
Cinnamon . . .	1 "
Cloves . . .	} 2 mashas each.
Cardamoms . . .	
Black pepper	} 1 tolah.
Turmeric . . .	

with some onions sliced and fried, slice the green ginger and the rest of the onions, grind and mix the black pepper and other spices with some salt, and add this to the curry; pour over it a little water, and boil it together till the meat is tender; boil the eggs till hard, then take off the shells, prick them with a fork all over and put with the meat; when the gravy is nearly dry, grind the almonds with some rice water and mix in the mydah with a little

saffron; add some water, boil it for a short time and serve it up.

## DOEPEAZA DILAE KHANEE.

Cut a quarter of the onions in thin round slices and put

Meat . . .	1 seer.
Ghee . . .	$\frac{1}{2}$ "
Cream . . .	$\frac{1}{4}$ "
Large onions	$1\frac{1}{4}$ "
Salt . . .	2 tolahs.
Turmeric . . .	1 "
Saffron . . .	$\frac{1}{2}$ masha.
Tyre and blanched almonds . . .	} $\frac{1}{4}$ seer each.
Cinnamon . . .	
Cloves . . .	} 2 mashas each.
Cardamoms . . .	
Black pepper	

them in a saucepan with a part of the ghee, fry till they are brown; keep on one side; take the remainder and prick them well with a fork all over, pound some salt and season them with the same; cut the meat into thin slices and wash it well; grind half of the curry-stuff and turmeric mixed with tyre and a little pounded salt, rub the meat with this and fry it with ghee till perfectly brown;

then pour over the meat about half a seer of hot water, put the onions with the meat and boil together till it is done; when the gravy is nearly dried up, grind the almonds in water and mix them well together with the cream and pour over the meat; simmer it on a slow fire

till the gravy is nearly reduced; add the saffron pounded and fried onions with the meat, and let it stand on the fire for a few minutes, when it will be fit for use.

## DOEPEAZA GHEELANEE.

Cut the meat in slices and wash it well, put it into a saucepan with a small quantity of water,

Meat . . .	1 seer.
Ghee . . .	$\frac{1}{8}$ "
Cream . . .	$\frac{1}{2}$ "
Milk . . .	1 "
Blanched almonds	} $\frac{1}{2}$ "
Onions . . .	
Garlic . . .	$\frac{1}{8}$ "
Coriander seed . . .	2 tolabs.
Salt . . .	} 1 "
Green ginger	
Cinnamon . . .	1 "
Cloves	2 mashas.
Cardamoms . . .	} 1 " each.
Black pepper	
Turmeric . . .	2 "

simmer gently for about twenty minutes, then take it from the fire and let it cool; put it into a separate saucepan with a small quantity of water, and add some sliced onions, green ginger, garlic, pounded salt, and coriander seed, with a little ghee; mix these with the meat and dress till it is done; then give a "baghar" to the meat with the ghee and cloves; grind the almonds with a little

milk, mix it well together with the cream and milk, and strain it into a saucepan; give this a "baghar" with ghee and cloves; boil the whole up three or four times, and stir it well with a spoon; then add the curry-stuff, meat, and gravy, simmer them together till the gravy is reduced to more than one-half, when it is finished.

## DOEPEAZA HADUS.

Cut the meat in large slices and wash it well; pound to-

Meat . . .	1 seer.
Ghee . . .	$\frac{1}{2}$ "
Coarse tyre . . .	$\frac{1}{3}$ "
Musoor ka dhall or red dhall . . .	} $\frac{1}{4}$ "
Garlic . . .	
Salt . . .	1 tolabs.
Onions . . .	3 "
Green ginger	$\frac{1}{2}$ seer.
Cinnamon . . .	2 tolabs.
Cloves	2 mashas.
Cardamoms . . .	} 1 masha each.
Black pepper	
Turmeric . . .	1 tolabs.

gether some ginger, onions, garlic, and coriander seed; squeeze the juice into a basin and pour over it the tyre with some salt, mix these together and rub into the meat; give a "baghar" to it in part of the ghee with some sliced onions, and boil it till the tyre is dried up, then fry it well, when put with it the musoor ka dhall and a sufficient



quantity of water, which boil till tender ; when sufficiently done, “ baghar ” it in the remainder of the ghee with some sliced garlic, saffron, and curry-stuff well ground ; let it simmer for a quarter of an hour on the fire.

## KULLEAH JOGOORANTH.

Cut the meat into slices as for a stew, wash it clean and

Meat . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ ”
Coarse tyre .	1 ”
Cream . . .	$\frac{1}{4}$ ”
Blanched almonds }	$\frac{1}{2}$ ”
Onions . . .	$\frac{1}{8}$ ”
Green ginger }	1 tolah
Coriander }	each.
Salt . . .	2 tolahs.
Cinnamon .	5 mashas.
Cardamoms }	
Cloves . . .	1 ” each.
Black pepper }	

give a “ baghar ” to it in plain ghee ; heat a saucepan and put into it a little ghee, when it is melted put in the meat and fry it well, then add a small quantity of water with some sliced onions and fine salt ; pound some green ginger and coriander seed, mix this with the meat, and boil till the gravy is nearly dried up, then fry it well ; when the

meat is sufficiently done, grind the almonds with a little rice water, add to it the tyre and cream, stir and strain it into a basin and pour it over the meat, adding the other spices ; boil till the gravy is reduced to a sauce and serve.

*Obs.*—If you mix milk with a curry instead of tyre, it is called kulleah seer ; but if you add to it about half a seer of tyre instead of milk, it is called kulleah lowabdar. A dry curry without any sauce, when it is finished, is called a doepeaza.

## DOEPEAZA PULWULL.

Take the pulwull, clean and cut into small round slices,

Meat . . .	1 seer.
Pulwull . . .	1 ”
Ghee . . .	$\frac{1}{2}$ ”
Tyre . . .	$\frac{1}{2}$ ”
Onions . . .	$\frac{1}{2}$ ”
Turmeric .	2 mashas.
Green ginger	2 tolahs.
Garlic . . .	1 ”
Salt . . .	2 ”
Black pepper	2 mashas.

put them in a saucepan with a little ghee and fry them thoroughly ; cut the meat into small slices and wash it well ; grind the onions, ginger, and garlic ; squeeze the juice into a vessel, put with it the tyre and a little fine salt ; mix these together with the meat ; give a “ baghar ” to

it in ghee with some thin-sliced onions, and boil till the tyre is dried up; fry it well, add a little water, and boil till the meat is done; when it is nicely cooked, add the pulwull with the ghee it was fried in, together with the ground saffron, and let it simmer on a slow fire for a few minutes, when it will be ready for use. The kundooree, kukodab, and chukunder vegetables are also dressed in the same manner.

*Obs.*—In most of the Persian receipts the word “saffron” is used, but most generally turmeric is the article meant, especially with curries.

#### KULLEAH NARGISSE.

Cut the meat in pieces, and fry it with the ground mussa-

Mutton . . .	1 seer.	lah in the ghee; then add a sufficient
Eggs . . .	five.	quantity of water, set it to boil,
Ghee . . .	$\frac{1}{4}$ seer.	clean the vegetables and the moong,
Onions . . .	$\frac{1}{4}$ „	and throw them in; when sufficiently
Green ginger	2 tolahs.	cooked, remove and strain off the
Capsicum . .	1 masha.	gravy; mash the moong in it, and
Turmeric . .	1 „	give the whole a “baghar;” now put
Chukunder . .	$\frac{1}{8}$ seer.	in the meat and vegetables, and boil
Carrots . . .	$\frac{1}{4}$ „	for a few minutes; boil the eggs hard,
Paluk . . .	$\frac{1}{8}$ „	cut them in halves; and when the
Moong . . .	2 tolahs.	curry is all but ready, grind and add the turmeric and the
Coriander . .	1 „	eggs, and allow it to simmer for a few minutes.
Salt . . .	2 „	
Cinnamon . .	2 mashas	
Cardamoms }	each.	

#### DOEPEAZA NARGISSE.

Cut the meat in pieces, and boil in a little water; add the

Eggs . . .	five.	ground mussalah, and fry the whole
Mutton . . .	1 seer.	in ghee till nearly dry; add more
Ghee . . .	$\frac{1}{4}$ seer	ghee, onions sliced, and a little water,
Onions . . .	each.	and cook on a gentle fire; clean the
Salt . . .	each.	paluk, and lay it upon the curry;
Green ginger.	2 tolahs.	next bake or boil the eggs hard; take
Coriander . .	1 „	off the shells, and lay the eggs care-
Cinnamon . .	2 mashas.	fully upon the vegetables (which are
Cloves . . .	1 masha	
Cardamoms }	each.	
Capsicum . .	$\frac{1}{4}$ seer.	

not to be mixed with the curry); sprinkle over them some pounded salt, pepper, and spice; cover the vessel close, and after a few minutes remove it and serve without disturbing the eggs.

## KULLEAH KOONDUN.

Mince a quarter of the meat; mix in a portion of the

Eggs	. .	five.
Mutton	. .	1 seer.
Ghee	. .	} $\frac{1}{4}$ "
Onions.	. .	
Green ginger	}	2 tolahs
Salt		each.
Coriander	. .	1 tolah.
Blanched almonds	}	2 "
Cinnamon		2 mashas.
Cloves	. .	1 "

mussalah; fry it dry in ghee, with a few onions, and pound the whole into a paste; boil the eggs hard (remove the shells), and prick them with a fork; apply the mutton paste thickly over, and fry them in ghee; next take the remaining portion of meat and mussalah; make it into a

curry with or without gravy; put the eggs upon it, and serve with syrup or lime-juice according to taste.

## KULLEAH SHEERAZA.

Cut the meat in pieces; take the onions sliced, the salt,

Eggs	. .	five.
Mutton	. .	1 seer.
Ghee	. .	$\frac{1}{4}$ "
Onions	. .	$\frac{1}{8}$ "
Green ginger	}	1 tolah
Coriander		each.
Salt	. .	}
Pistachio nuts	2 tolahs	
Blanched almonds	. .	each.
Raisins	. .	}
Cinnamon	2 mashas.	
Cloves	. .	}
Cardamoms	1 " each.	
Saffron	. .	

green ginger, and coriander ground, and fry all together in ghee; when sufficiently fried, take out a quarter of the meat, and lay it aside; and to the remaining portion add, while on the fire, some water; boil till the meat becomes soft; strain off the gravy, and "baghar" the meat; mix with it some flour and water, and the remainder of the mussalah pounded into a paste; allow it to boil. Then take the quarter of the meat that

was laid aside; mix it with some water and the white of the eggs; set it on the fire; when done, throw in the meat which was left; stir the whole; add syrup and lime-juice if approved, and serve it up with the saffron spread over it.

## DOEPEAZA SHEERAZA.

Take the same quantity of meat and mussalah as the last; prepare in a similar manner, only taking care to add the whole of the eggs all beat up. This curry is to be prepared dry, and less water used. The syrup and lime-juice may be added or not.

## KULLEAH ZUFFRAN KUSSAH.

Take any quantity of chopped meat and all the ingredients for a good curry; mix the whole with the meat, some beaten eggs, and hard tyre; form this into balls, and fry in ghee till brown, or they split open; then put in a little saffron and almonds ground in water; shake the whole and continue the boiling. Add syrup and lime-juice to taste.

## KEEMA KULLEAH KUSHMERE.

Fry the meat with the prepared mussalah in ghee; add water, and allow it to boil for some time; remove the meat from the gravy, and boil down the latter to half the quantity; "baghar" the meat three successive times with ghee and cloves till dry, then throw in the gravy, and boil for a few minutes. Syrup and lime-juice may or may not be added.

## KULLEAH FALSAH.

Cut the meat in pieces, and fry with the mussalah ground in ghee; add water, and continue to boil till the meat becomes soft; remove the meat; strain off the gravy; "baghar" the meat with ghee and cloves; add the gravy, and boil till it is dry; then mix the falsahs and sugar with some water; squeeze off the juice, and pour it upon the meat; after a few minutes' boiling, grind the almonds and rice in a little

Mutton . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ "
Onions . . .	$\frac{1}{4}$ " each.
Salt . . .	2 tolahs.
Coriander . .	2 "
Green ginger .	1 "
Cinnamon . .	2 mashas.
Cloves . . .	1 "
Cardamoms . .	1 "
Blanched almonds .	$\frac{1}{2}$ seer.
Sugar . . .	$\frac{1}{2}$ "
Falsahs, ripe .	1 "
Rice . . .	1 chittack.

water, and stir it into the whole ; simmer for a quarter of an hour, and remove the vessel.

## KULLEAH BAUTHAMEE.

Take a seer of meat, and cut it into the shape of almonds ;

Mutton . . .	1 seer.	fry it in ghee and sliced onions till
Ghee . . .	$\frac{1}{4}$ "	it becomes brown ; grind and mix
Sweet tyre . .	$\frac{1}{4}$ "	with it the salt, coriander seed,
Blanched almonds .	} 4 tolahs each.	green ginger, and some water ; let
Onions . . .		it boil till the meat is done ; then
Coriander . .		strain the gravy into another sauee-
Salt . . .	2 tolahs.	pan ; give it a " baghar " with ghee
Green ginger	3 "	and cloves ; pour the gravy on the
Cinnamon . .	2 mashas.	meat ; mix together the almonds
Cloves . . .	1 "	
Cardamoms . .	} 2 " each.	
Black pepper		

ground in rice water and the curry-stuff ; add this to the meat, and simmer till done.

## KULLEAH UMBAH.

Cut the meat in small pieces, heat a saueepan on the fire,

Mutton . . .	} 1 seer.	and put into it some ghee and sliced
Ghee . . .		onions ; fry them well until of a
Mangoes, unripe	$\frac{1}{4}$ "	brown colour ; then give a " baghar "
Onions . . .	$\frac{1}{8}$ "	to the meat in the same ghee and
Green ginger	} 1 tolah each.	onions, and fry until the gravy is
Salt . . .		mixed with the ghee ; add some
Coriander seed . .		pounded salt and coriander seed
Black pepper	} 1 masha each.	with a little water, and boil till the
Cloves . . .		meat is nearly done ; then strain the
Cardamoms . .	} 2 mashas.	gravy into a separate saueepan, and
Cinnamon . .		give a " baghar " again to the meat and
Sugar . . .	$\frac{1}{8}$ "	gravy in ghee, with
Raisins . . .	2 tolahs.	some cloves ; clean and stone the
Turmeric . .	2 mashas.	raisins ; put these also to

the meat ; take half of the mangoes ; clean and cut them into small slices, and boil in water till tender ; make a syrup with sugar, some water, and the juice of two limes, and put to the mangoes ; let them stand for an hour, then separate them



from the syrup, and keep them on one side ; boil the remaining mangoes in water until soft ; mash them well, and add the syrup ; then mix this with the meat, and boil for a few minutes ; add the preserved mangoes, curry-stuff, and a little saffron ground with water ; mix all together, and let it simmer for a short time.

## KULLEAH BOORANEE.

Take three-fourths of the meat and cut it in slices ; heat a

Mutton . . .	1 seer.	little ghee with some sliced onion
Carrots . . .	$\frac{1}{2}$ "	in a saucepan ; fry them till they
Ghee . . .	$\frac{1}{4}$ "	are of a brown colour ; then give a
Tyre . . .	1 "	"baghar" to the meat in the same,
Onions . . .	$\frac{1}{8}$ "	and fry well until the gravy is
Salt . . .	$2\frac{1}{2}$ tolals.	mixed with the ghee ; add pounded
Coriander	} 1 tolal	salt and coriander seed with some
seed . . .		water, and finish the cooking. Take
Garlic . . .		the remaining quarter seer of meat ;
Green ginger	} each.	put it into a saucepan with a little
Turmeric . . .		water, and let it boil till half done ;
Cinnamon . . .		mince it, and then mix with it a little suet and one tolal weight
Cloves . . .	3 mashas.	of mydah ; put these into a mortar, and pound to a paste ;
Cardamoms . . .	2 "	clean the carrots well, cut them into slices lengthways, rub
Black pepper	} 1 masha	the pounded meat over them and fry in ghee ; when all the
		carrots are fried, put in the boiled meat and the curry-stuff
	each.	ground ; cover the saucepan, and let it cook gently ; grind the

garlic with a little rice water ; mix the same with tyre, and give a "baghar" to it in with ghee cloves ; add a little saffron, and boil it for a short time. When you serve the curry, pour over it the tyre. Beet-root and brinjals are prepared in the same way.

## DOEPEAZA KURRALAH.

Cut the meat in slices, put it into a saucepan, and give it a "baghar" in ghee, with some

Mutton . . .	1 seer.	sliced onions ; add some pounded salt
Kurralahs . . .	1 "	

Ghee . . .	} $\frac{1}{4}$ seer ea.
Tyre . . .	
Onions . . .	
Salt . . .	} 3 tolals.
Coriander seed . . .	
Turmeric . . .	} 1 " each.
Green ginger . . .	
Cinnamon . . .	} 2 mashas.
Cloves . . .	
Cardamoms . . .	} 1 masha ea.
Black pepper . . .	

and coriander seed, with a little water; boil till the meat is tender, clean and take out the seeds of the kurralahs, rub them over with some ground turmeric and salt, and put in the sun for ten minutes; wash them well in water three or four times; soak in tyre for four hours, and wash

them again; heat in a frying-pan some ghee and fry the kurralahs; put them with the meat, and boil till it is tender; add the curry-stuff, and stir it well together; let it be on the fire for about twenty minutes, when it will be fit for use.

## KULLEAH YEKHUNEE.

Cut the meat into slices as for a hash; put into a saucepan

Mutton . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ "
Onions . . .	$\frac{1}{8}$ "
Ginger . . .	} 1 tolal
Garlic . . .	
Turmeric . . .	} 2 mashas
Cardamoms . . .	
Cinnamon . . .	} each.
Cloves . . .	
Sugar . . .	$\frac{1}{2}$ seer.
Limes . . .	$\frac{1}{4}$ "

with a sufficient quantity of water; add to it some salt, onions, ginger, and garlic, all well bruised; boil till the meat is done; strain the gravy into another saucepan, and give a "baghar" to the meat and gravy in ghee with cloves; make the sugar and lime-juice into a syrup with

some water; pour this with the meat; grind about one-eighth seer of blanched almonds, with rice water; add the curry-stuff ground and saffron together; mix them, and put over the meat; stir it well, and boil for a quarter of an hour.

## KULLEAH DOOLMAH KURRALAH.

Take one seer of the meat, cut it into small slices; put a

Mutton . . .	1 $\frac{1}{2}$ seer.
Kurralahs, large . . .	} 1 "
Ghee . . .	
Tyre . . .	} $\frac{1}{4}$ "
Onions . . .	
Salt . . .	} 3 tolals.
Turmeric . . .	
Green ginger . . .	} 1 tolal

saucepan on the fire, with some ghee and onions sliced, and fry them to a brown colour; then put in the meat, and fry till the gravy is mixed with the ghee; add some pounded salt and black pepper, with a little

Cinnamon . } 2 mashas.  
 Cloves. . . } each.  
 Black pepper 1 "

water, and boil till the meat is tender; clean the kurrallahs, and cut them lengthways; rub the slices with some salt and turmeric ground, and keep them in the sun for an hour; then mash them in water three or four times, and soak them in tyre about four hours; mince the remaining half seer of meat, and give a "baghar" to it in ghee, with some sliced onions; put in the curry-stuff and a little water; boil it; when the water is nearly dried up, fry the same; clean the kurrallahs well in water; stuff them with the minced meat, and tie them round with a thread; put them with the meat and boil; when the kurrallahs are nearly cooked, fry them together till the water is dried up; add a little saffron ground in water, and let it stand for a few minutes; then take it from the fire.

## DOEPEAZA KUSSAH.

Grind the mussalah into a paste; mix it with the mince, and pound the whole well, form it into balls or one large cake; lay it on a cloth over a wide-mouthed vessel containing water on the fire; the meat must be carefully placed upon the cloth, and allowed to steam till it is dressed; then remove it, and fry it with ghee and onions; add some water with the coriander seed ground, and cook it a little longer.

## DOEPEAZA KOOFTHA LOWABDAR.

Take a seer of the meat, and cut it into small slices; put it into a saucepan, and give a "baghar" to it in ghee with some sliced onions; fry it well until the gravy is mixed with the ghee; add some pounded salt, coriander seed, and water; boil till the meat is tender;

Mutton . . 1½ seer.  
 Ghee . . . ½ "  
 Onions . . . ¼ "  
 Salt . . . 2 tolahs.  
 Coriander. . } 1 tolah  
 Green ginger } each.  
 Huldie . . .  
 Cinnamon . 3 tolahs.  
 Cardamoms . 1½ "

Cloves. . . } 1 tolah  
Black pepper } each.

mince the remainder of the meat, with a little suet and flour; pound the whole in a mortar to a paste; make it into small balls and fry them in ghee, and when they are sufficiently done, put them with the curry-stuff; add a little saffron with the meat, and let it stand on a slow fire for a few minutes.

## KULLEAH DOEPEAZA.

Fry the onions and garlie in some ghee, and remove them into a saucer; next fry the saffron in

the same ghee; clean the head, feet, and meat well, and put them in with it; when fried, add some water, and allow the whole to boil till the meat becomes soft and easily separates from the bones, which remove; throw into the vessel the fried onions and garlie, with a little rice ground in water, together with the

Sheep's head and four feet.  
Mutton . . .  $\frac{1}{2}$  seer.  
Ghee . . .  $\frac{1}{4}$  "  
Onions . . .  $\frac{1}{2}$  "  
Salt . . . 3 tolahs.  
Green ginger } 1 "  
Garlic . . . } each.  
Chillies . . . 1 masha.  
Coriander . . } 1 tolah  
Huldie . . . } each.  
Cinnamon . . 2 mashas.  
Cloves . . . } 1 tolah  
Cardamoms . } each.

remainder of the mussalah properly ground; simmer for a quarter of an hour, and remove from the fire.

## KULLEAH BUNGOODAY.

Cut in thin slices some onions, garlie, and green ginger;

put them in a frying-pan with a little ghee, and fry till brown; keep them on one side; strain the ghee, and put it in another saucepan, and keep it hot; cut the meat in small slices, and season it with a part of the curry-stuff, onions, green ginger, and garlie; mix these together with a little tyre; rub over the meat, and give it a "baghar" in ghee; then put

Kid's meat . . 1 seer.  
Ghee . . .  $\frac{1}{2}$  "  
Coarse tyre . . }  $\frac{1}{4}$  "  
Onions . . . } each.  
Green ginger . . } 2 tolahs  
Salt . . . . } each.  
Blanched }  $\frac{1}{8}$  seer.  
almonds . . } "  
Cream . . .  $\frac{1}{8}$  "  
Chunnah dhal . 2 tolahs.  
Turmeric . . . 1 "  
Garlic . . . . 2 "  
Cardamoms . . } 2 mashas  
Cinnamon . . } each.  
Cloves . . . . }

in the chunnah dhal, and boil it with the rest of the tyre

until it is dried up ; fry it well, add a little water, and simmer it till the meat is tender ; grind the almonds with rice, water, and mix it with the cream, stirring it together, and pour it over the meat ; then put the onions fried with the rest of the curry-stuff to it, adding a little ground saffron ; squeeze over it the juice of a lime, and boil for a short time.

## DOEPEAZA MUSHHAWDY.

Cut the meat in small slices ; wash it four or five times in cold water, and soak it for an hour ;

Kid's meat . . .	1 seer.
Ghee . . . . .	$\frac{1}{8}$ "
Coarse tyre . . .	$\frac{1}{4}$ "
Milk . . . . .	1 "
Blanched almonds . . .	} $\frac{1}{4}$ " each.
Cream . . . . .	
Onions . . . . .	} 2 tolahs.
Garlic . . . . .	
Salt . . . . .	} each.
Cardamoms . . .	
Cinnamon . . . .	1 masha.
Cloves . . . . .	2 "
Black pepper . . .	} 1 " each.
Turmeric . . . . .	
	1 "

then heat a saucepan over the fire, and put into it the whole quantity of onions, green ginger, and garlic sliced ; fry them with a little ghee till brown ; lay the meat over them, and add some salt and curry-stuff well ground, with a small quantity of water ; simmer slowly till the meat is thoroughly done, and when the

water is dried up fry it well ; grind the almonds with a little milk, and mix with the cream, tyre, and milk ; stir the whole well, strain into another vessel, and boil it gently till it is reduced to one-half ; pour it over the meat, put it on a charcoal fire for about a quarter of an hour, stirring it the whole time, when it will be ready for use.

## DOEPEAZA QUOORMAH.

Cut the meat in small slices, and prick it with a fork ; rub

Kid's meat . . .	1 seer.
Ghee . . . . .	} $\frac{1}{2}$ " each.
Coarse tyre . . .	
Onions . . . . .	} 1 tolah.
Coriander seed . . .	
Turmeric . . . . .	1 "
Garlic . . . . .	} 2 " each.
Green ginger . . .	

it with a mixture of ground ginger, onions, garlic, coriander seed, and salt, with a little tyre ; keep it for half an hour ; heat a saucepan on the fire ; put in it some sliced onions with a little ghee, and fry them till



Cinnamon	. 2 mashas.	} 1 masha. each.	they are brown ; then keep it on one side ; give a " baghar " to the meat in some ghee with cloves ; add a small quantity of water, and boil till the water is reduced ; fry the meat well ; when it is nearly done, mix in the curry-stuff, the tyre, and fried onions together ; simmer for a short time, add some saffron, and serve.
Cloves	. . .		
Cardamoms	. . .		
Black pepper	. . .		

## ANOTHER WAY.

Cut the meat in small slices, and prick it with a fork ; grind some ginger, onions, garlic, and coriander seed ; squeeze the juice in a vessel ; add to it a little tyre and some salt ; mix these together, and rub over the meat ; give a " baghar " to it in ghee, with some fried onions, adding a little water ; boil till the liquid is dried up ; grind the saffron and curry-stuff, mix them together, fry the whole till done, then serve.

## DOEPEAZA KITCHERIE.

Eggs	. . . . . seven.	} 1 masha each.	pound the green ginger, onions, and garlic ; squeeze the juice into a basin, and add some salt, rub the meat with this, and give a " baghar " to it in ghee, with some fried onions ; pour in it a little water, and boil till the gravy is dried up ; then fry it well, boil the eggs hard (remove the shell), and mix them with the meat ; simmer with a little water for a short time ; add the ground curry-stuff and a little saffron ; simmer for a few minutes longer, when it will be fit for use.
Kid's meat	. 1 seer.		
Ghee	. . . . . $\frac{1}{2}$ "		
Onions	. . . . . $\frac{1}{4}$ "		
Salt	. . . . . 2 tolahs.		
Turmeric	. . . . . 3 mashas		
Green ginger	. 1 tolah.		
Cinnamon	. . . . .		
Cloves	. . . . .		
Cardamoms	. . . . .		
Black pepper.	. . . . .		

## KULLEAH SADAH.

Take and cut the meat into small squares ; heat a frying-pan on the fire, and put into it about five tolahs weight of ghee with

Onions . . .	$\frac{1}{8}$ seer.
Pepper . . .	1 masha.
Turmeric . . .	1 tolal
Ginger . . .	each.
Salt . . .	$2\frac{1}{2}$ tolals.
Cinnamon . . .	2 mashas
Cloves . . .	each.
Cardamoms . . .	each.
Beet root . . .	$\frac{1}{2}$ seer.
Turnips . . .	$\frac{1}{8}$ sr. each.
Carrots . . .	$\frac{1}{8}$ sr. each.
Dhall . . .	2 tolals.

some sliced onions and fry them; when the onions are perfectly brown, put in the meat with a little pounded salt and some water; have ready cut up the beet root, turnips, carrots, and green ginger into slices; put these with the meat; when they are perfectly done, strain the gravy, and

give a "baghar" to the meat, &c., &c., in ghee with cloves; add the ground curry-stuff with a little milk and saffron; simmer it on the fire for a quarter of an hour, when serve.

#### KULLEAH CHASNEEDAR

Is prepared the same way as above, with the addition of one-third seer of sugar and one-third seer of lime-juice.

#### KULLEAH DOORRAJ AND LOWAH.

Cut the meat in slices, and put in a saucepan with some

Partridges . . .	seven.
Meat . . .	2 seers.
Ghee . . .	$\frac{1}{2}$ sr. each.
Onions . . .	$\frac{1}{2}$ sr. each.
Garlic . . .	1 chittack
Coriander seed . . .	each.
Cream . . .	$\frac{1}{4}$ seer
Almonds blanchd . . .	each.
Salt . . .	2 tolals.
Turmeric . . .	3 mashas.
Cinnamon . . .	2 mashas
Cloves . . .	each.
Cardamoms . . .	each.
Ginger . . .	2 tolals.

water, sliced onions, green ginger, coriander seed and salt pounded; simmer the meat till it is quite tender, and separate from the bones; then strain the gravy into a saucepan, and "baghar" it twice in ghee with cloves. Cut the partridges down the middle lengthways and wash them well; prick them all over with a fork; rub them with chunnah flour, and afterwards wash it off; grind

some onions, rub them well over the partridges, and wash them again; give a "baghar" to them in ghee, with some sliced onions and the juice of the bruised ginger; grind the curry-stuff and coriander seed with a little salt; mix all together, and boil with some gravy till tender and nearly dried up; then fry it and squeeze

over a little juice of lemon and garlic ; mix it with the rest of the gravy, and boil for a quarter of an hour ; grind the almonds with a little rice water ; mix them with the cream and pour it over the partridges, adding a little saffron ; simmer for a short time, and it is ready.

#### RICE, TO BOIL.

First spread it on a table or cloth, and pick out all the stones or gravel ; then wash in two or three different waters, rubbing the rice well between the hands, adding a little lime juice or alum powder to whiten it ; drain and throw it into a large quantity of water ; let it boil gently until it is tender, or only a small core in the centre remains ; throw it into a cullender, and let it drain ; then return it into the saucepan ; place it near the fire, so that it may steam quite dry with a cloth only covering the rice.

#### INDIAN METHOD OF BOILING RICE.

Take half a pound of rice ; wash it well in two waters *cold*, and put the rice into a two-quart saucepan, without a cover ; fill it three quarters full of cold water, and boil it slowly on a moderate fire, stirring occasionally until the grains become done enough, which will be known by tasting, as well as feeling them between the finger and thumb. If soft to the heart, they are ready, which will take about twenty minutes. Now put in one table-spoonful of salt ; stir up, and take off immediately, and throw the whole into a cullender or drainer for ten minutes, and allow the water to drain thoroughly off, and the rice to become free and dry.

#### KITCHERIE.

First steep half a pint of split dhal or dry split peas in water ; add half a pound of picked and washed rice, with a little ginger, mace, and salt ; boil till the peas or dhal and rice are swollen and tender ; stir the whole, and stir in a little butter or ghce ; strain off the water ; have ready some

hard-boiled eggs cut in halves, and an onion or two sliced and fried in ghee to garnish with, or add small boiled onions.

*Obs.*—To be well dressed, the dhal and rice should not be clammy.

#### FISH KITCHERIE.

Take any cold fish ; pick it carefully from the bones ; mix with a tea-cupful of boiled rice, one ounce of butter, a tea-spoonful of mustard, two soft-boiled eggs, salt, and cayenne to taste, and serve very hot. The quantities may be varied according to the amount of fish used.

#### PEPPER-WATER, SOUR.

Fry an ounce of black pepper, the same quantity of red pulse or dhal, and two or three carapala leaves (or karay pauk), with ghee in an iron ladle ; grind these into a fine paste ; mix in an ounce of tamarind pulp, with a pint of fresh water, and let it boil up two or three times, when mustard, cummin, and fenugreek seeds, fried in ghee, are to be added.

#### ANOTHER WAY.

Fry half an ounce of pepper, with the same quantity of red pulse or dhal, in ghee ; grind and mix it in water ; put into it a little salt and the juice of a lime ; boil it in the same manner as directed in the preceding, and add fried cummin, mustard, and fenugreek seeds ; while the mixture is boiling, throw in two or three carapala leaves ;\* or if fragrance is required, put in some moringa fruit cut into pieces, or shells of the wood-apple. Coriander in a small quantity is necessary to be put in every pepper-water, which is the Caranese way of preparing it.

#### ANOTHER WAY.

Put a pollam of pepper powder in a sufficient quantity of fresh water ; add one-eighth of a measure of red pulse, and boil it for three hours ; afterwards strain in some tamarind juice, also fried mustard and cummin seed, and red chillies.

\* Karay pauk. *Bergera Koenigii*.—*Lin.*

## ANOTHER WAY.

Take one pollam of pepper and some red pulse fried in ghee ; grind it and put it into a sufficient quantity of fresh water ; boil it over a good fire for two hours ; while this is boiling, boil one-tenth of a measure of brown pulse in some water, and having drawn off the latter, add it to the pepper-water, which is to be allowed to boil for five minutes more ; then put in cummin seeds, mustard and coriander seed, fried in ghee, together with carapala leaves and five grains of assafoetida.

## TAMARIND FISH.

Take any quantity of fish, and split it down the back ; take out the bone, and score it in the way fish is crimped ; sprinkle fine-powdered salt over it, and leave it for a day or two ; wash and hang it out in the sun ; dissolve some acid tamarind in vinegar, and strain off the liquor ; cut the fish into small pieces, and wrap them round with the tamarind, which must not be too liquid ; put into a jar or other vessel, and cover close.

## ANOTHER WAY.

Clean your fish well ; cut into slices crossways, about half or three-quarters of an inch thick ; sprinkle it over with clean salt, turning it occasionally, and let the juice drain off ; in twenty-four hours take the fish and dry it in the sun, then put to it the following materials, first sprinkling it well with vinegar : boil some ripe tamarind in vinegar, and express all the pulp—you should have sufficient to cover your fish ; and to every pint of juice add pounded turmeric one tolah, two tolahs of dried pounded chillies, four tolahs of sliced green ginger, with four table-spoonsful of vinegar ; pour the whole, when well mixed, over the fish, and cover it up. It will be fit for use in two or three days ; it does not keep long. Salted salmon in slices, washed and dried in the sun, and then covered with the preparation of tamarind, &c., will keep



a long time, and is superior to other fish. The seer fish is generally used on the Coast, but it may be made of any other.

*Obs.*—If required for keeping, put two parts vinegar, with one of tamarind pulp, and the other ingredients, with a few cloves of garlic. It must be kept in a well-closed jar or vessel.

#### ANOTHER WAY.

Cut the fish into thick slices, and sprinkle it well with		salt; let it remain for twenty-four hours; then wipe and place it in the sun to dry; after which place it in a dish, and pour the vinegar over it; grind up separately all the other ingredients, with a little water; mix them with the tamarind pulp and the vinegar, and pour over the fish.
Fish . . .	1½ seers.	
Tamarind pulp	¼ "	
Green ginger	8 tolaks.	
Garlic . . .	1 "	
Dry chillies .	4 "	
Zeerah . . .	4 mashas.	
Turmeric . .	3 tolaks.	
Vinegar . . .	½ seer.	
Salt . . .	8 tolaks.	

## PULLOWS.

The common kinds are prepared with meat, rice, dhall wheat, ghee, and spices—such as cardamoms, cloves, cinnamon, coriander seed, black pepper, with onions, garlic, salt, and karay pauk leaves (*Bergera Koenigii*); others again have milk, cream, tyre, almonds, raisins, and vegetables added; and where fish forms the pullow, the gravy is usually made with meat for the after-dressing of the rice. It is therefore necessary that the cook should be able to judge how much water will be required for gravy, using of course less where milk and tyre are to be added. In some of the receipts the word "measure" of water will be found, which seems to be no definite quantity; as far as I can learn, it means one seer. A measure on the Coast is eight ollucks, and twenty ollucks are equal to an English gallon; but where the word is used in the Persian receipts, it can have no such meaning as to quantity. The various spices, when to be added to the meat

or gravy, are sometimes termed "mussalah," which literally means the materials forming any mixture. A "baghar" is also constantly directed to be given to meat, gravy, &c., in all the receipts, whether for pullows, curries, or what not: the meaning is explained elsewhere. The term is derived, I suspect, from the word *bagharar*, to fry. Some pullows are made without either fowl, meat, or fish, and are either plain or sweet. Amongst the selections taken from upwards of one hundred receipts, no doubt any artist of common ability will be enabled, by increasing or diminishing the materials, to produce as many varieties as pleases his fancy. Excellent pullows may be made from all kinds of game, but then the spices must be frugally used, so as not to overpower the flavours of the game.

#### MOORGHABEE, OR FOWL PULLOW.

Put the mutton cut in slices, with four whole onions, into

Onions . . .	5 or 6.
Eggs . . .	3 or 4.
Mutton . . .	1 pound
Fowl . . .	each.
Rice . . .	8 ounces.
Butter. . .	$\frac{1}{2}$ pound.
Black pepper	$\left\{ \begin{array}{l} 10 \text{ or } 12 \\ \text{corns.} \end{array} \right.$
Mace . . .	4 blades.
Cloves. . .	10 or 12.
Cardamoms .	10 or 12.
Green ginger	1 tolah.
Salt . . .	$\left\{ \begin{array}{l} 1 \text{ dessert-} \\ \text{spoonful.} \end{array} \right.$
Karay pauk leaves,	2 or 3.

six quarts of water; boil all this together until reduced to one-third; take it off the fire; mash the meat in the liquor, strain through a towel, and set it aside. Take eight ounces of rice, wash it well, and dry by squeezing firmly in a towel; put half a pound of butter into a saucepan and melt it; fry in it a handful of onions sliced lengthways; when they have become of a brown colour take

them out, and lay aside; in the butter that remains, fry slightly a fowl that has been previously boiled; take out the fowl, and in the same butter add the dry rice, and fry it a little; as the butter evaporates, add the above broth to it, and boil the rice in it; then put with it the cloves, cardamoms, peppercorns, and mace (be cautious not to put too much of the latter); add the karay pauk leaves and salt,

with the green ginger cut into thin slices ; when the rice is sufficiently boiled, remove all but a little fire from underneath, and place some on the pan cover ; if the rice be at all hard, add some water to it, and place the fowl in the centre to imbibe a flavour ; cover it over with the rice and serve up, garnished with hard-boiled eggs cut either in halves or quarters.

## KOOKRA PULLOW.

Mince one-third of the mutton very fine, with some salt and

A fine fowl.	
Eggs . . .	five.
Mutton . . .	} $\frac{3}{4}$ seer each.
Rice . . .	
Ghee . . .	
Cinnamon . .	4 mashas.
Cardamoms . .	} 2 „ each.
Cloves . . .	
Black pepper .	8 „
Coriander seed	2 tolahs.
Saffron . . .	1 masha.
Salt . . .	2 tolahs.
Onions . . .	$\frac{1}{8}$ seer.
Green ginger .	2 tolahs.
Tyre . . .	$\frac{1}{8}$ seer.

coriander seed fried in ghee, and set it on one side ; take the remainder and chop it up fine ; add half a tolah of the green ginger, with some of the spices and salt ground together, and the whites of the eggs beaten up ; put the whole into a mortar, and pound it to a paste ; then form into small balls, and fry them in ghee ; now beat up the yolks of the eggs, with some onions sliced,

ground green ginger, and some of the spices, adding a little ghee ; heat a frying-pan on the fire, with some ghee, and put the mixture into it ; dress it as you would an omelette ; sprinkle a little saffron over it, and set on one side ; clean your fowl well, and rub it over with some salt and the juice of onions and green ginger ; stuff the inside with the minced meat, and tie it up close, then put it on the spit ; have ready some saffron, cloves, and cardamoms well ground, and mix with the tyre ; rub some over the fowl, and continue basting it with the remainder till properly roasted ; parboil the rice in water, with some cinnamon, cloves, cardamoms, and black pepper ; take another saucepan ; put in the rice, balls, and fried eggs, with the gravy from the fowl and ghee ; cover the saucepan close, and set it to simmer until the rice is cooked, when dish it, placing the roast fowl in the centre.

## CHEWLAWOO PULLOW.

Mince or cut the meat into small pieces, and give it a "baghar" with some ghee and sliced onions; then add the green ginger and the rest of the onions sliced; pound the salt, saffron, and coriander seed, with a small quantity of water; mix the whole together, and fry them; parboil the rice in water; take it out and put it to the meat with a little ghee, the rest of the

Mutton . . .	} 1 seer
Rice . . .	} each.
Ghee . . .	$\frac{1}{2}$ seer.
Cinnamon . .	2 mashas.
Cloves . . .	} 1 ,, each.
Cardamoms . .	} 1 ,, each.
Saffron . . .	} 1 ,, each.
Coriander seed	1 tolah.
Black pepper	4 mashas.
Cummin seed	3 "
Salt . . .	3 tolahs.
Onions . . .	$\frac{1}{4}$ seer.

spices, and some of the rice water; then cover the saucepan, and gently boil till done. Serve the pullo with the meat over the rice.

## UKRUDGE PULLOW.

Clean the capons well; divide them down the middle of the back, and lay them flat; prick them over with a fork, and cover the whole with ground green ginger, garlie, onions, and salt mixed with the tyre; soak them in this for four hours, take the meat, cut it into slices, and put with it the capons and the ehunnah dhall, with as much water as is necessary for dressing them and to prepare the rice in after; when the capons are done, take them out, and boil the

Capons . .	three.
Meat . .	1 seer.
Tyre . .	$\frac{1}{4}$ "
Rice . .	1 "
Ghee . .	$\frac{1}{2}$ "
Onions . .	$\frac{1}{4}$ "
Black pepper	1 masha.
Green ginger	1 tolah.
Saffron . .	1 masha.
Salt . .	3 tolahs.
Garlic . .	1 "
Chunnah flour	$\frac{1}{8}$ seer.
Cinnamon	2 mashas.
Cloves . .	} 1 ,, each.
Cardamoms . .	} 1 ,, each.
Coriander seed	1 tolah.

meat so as to make a good gravy; mash it up, strain through a cloth into a saucepan, and give it a "baghar" with ghee and cloves several times; put the rice to it, and boil till it is dressed; spread in a separate saucepan a little of the boiled rice with the spices, and place the capons on this; pour over them a little ghee and some sliced onions; over this again place half of the remaining rice, with the saffron ground up, and more ghee; lastly, put the remainder of the rice with a

little ghee on the top ; cover the saucepan well, surround it with charcoal, place a little fire on the lid, and let it remain for one hour.

## DUMNOWURDEE PULLOW.

Clean and wash the capon or fowl nicely ; prick it with a

Capon . . .	} 1 seer each.	
Meat . . .		
Rice . . .		
Ghee . . .	} "	$\frac{2}{3}$
Milk . . .		$\frac{1}{4}$
Tyre . . .		$\frac{1}{4}$
Onions . . .	} 4 tolals.	$\frac{1}{4}$
Salt . . .		
Basun . . .		
Anise . . .	} 1 ,, each.	
Cummin seed		
Green ginger		
Garlic . . .	} two.	
Figs . . .		
Almonds . . .		six.
Raisins . . .	} 4 tolals	
Pounded		
sugar . . .		each.
Cream . . .	} 2 tolals.	
Coriander seed		12 mashas.
Cardamoms . . .		
Cloves . . .	} 1 ,, each.	
Cinnamon . . .		
Juice of two limes.		

fork, and rub the three following ingredients well over it, washing each off successively with water—first the basun, then the ground anise, and lastly, the cummin seed ; take two figs, peel them, and pound them up with ginger, garlic, and salt, of each one tolal weight, adding a little water ; rub this over the fowl, and set it aside for about half an hour or so ; place a saucepan on the fire with a little ghee ; slice one-fourth seer of onions, and fry them in it to a nice brown ; take them out, and mix them up with four tolals weight of chopped almonds (blanched), and the same of raisins

and pounded sugar ; stuff this into the fowl ; sew it up, and put it on the spit ; whilst roasting, baste it with the following sauce : two tolals weight of blanched almonds ground into a paste with a little water, a table-spoonful of cream, one-fourth of a seer of coarse tyre, one-eighth of a seer of milk, and the juice of two limes ; pounded cardamoms, cloves, and cinnamon about one masha, and a little ghee ; mix the whole well together. Cut the meat into thin slices, and put it into a saucepan, with a sufficient quantity of water to boil it well ; add your giuger, garlic, coriander seed, onions, and salt, all ground, about one tolal weight of each, and put it with the meat ; when it is thoroughly done, strain off the gravy through a coarse cloth, and press it well ;



return it into the saucepan, and "baghar" it with a little ghee and cloves twice; boil the milk, and mix it well with the gravy, and parboil the rice in plain water and strain; then put it with the milk and gravy, and boil till it is done. When it is quite dressed, take another saucepan, and put in the roasted capon; sprinkle it with some sliced fried onions, a few cloves, cardamoms, and cinnamon; take about one-fourth of the boiled rice and colour it with saffron, and put it with the fowl, and place the remaining rice over it; warm the rest of the ghee, and pour it over the whole; close the saucepan; warm the pullow thoroughly, and serve it up. A thin cake made of flour is sometimes put in the centre of the rice; and when it is sufficiently done, the pullow is served.

## UKHNEE, OR KID PULLOW.

Wash the rice well, and keep it soaked in water; slaughter

Kid . . .	one.
Beef . . .	4 seers.
Rice . . .	} 1 " each.
Ghee . . .	
Almonds, peeled and pounded . . .	} ½ " "
Milk . . .	
Cream . . .	} 4 chittacks
Butter-milk . . .	
Lime juice . . .	} each.
Garlic . . .	
Cinnamon . . .	4 mashas.
Salt . . .	6 " "
	2 chittacks.

the kid, and divide it into pieces of a quarter of a seer each (the beef likewise to be cut into small pieces); wash them together several times, and put both on the fire, with six seers of water, clearing it at intervals of the scum; when the meat becomes tender, heat another vessel on the fire, and put in it four mashas of ghee; when it is quite hot, add

the whole of the garlic and a part of the cardamoms, and mix it with the contents of the first vessel (*i. e.*, the meat and the gravy), and allow the whole to be well cooked, until the gravy is reduced to one-half the quantity; then heat in another vessel some ghee and a few cardamoms; strain the gravy in it through a towel, and keep it for a short time on the fire; select the pieces of the kid, and wash them in some water, with the butter-milk and one-third of the salt; take then the whole of the ghee, heat it, and

put in it the remaining cardamoms and cloves, also half of the gravy and the pieces of the kid; let it boil up two or three times; put in half the remaining salt and the lime-juice, and continue it on the fire until the gravy is properly mixed with the ghee; then remove it; mix the bruised almonds with the cream and milk; put the whole with the meat of the kid, and let it stand by the side of the fire. Now take the remaining half of the gravy, and boil the rice in it, adding to it the rest of the salt; after it is half cooked, strain off the gravy; put the rice into the vessel containing the meat, and place it on a charecoal fire, taking care to close the mouth of the vessel with some dough; and in about twenty-five minutes it will be ready.

#### PLAIN KID PULLOW.

Divide the kid into pieces of a quarter of a seer each, and wash them several times; wash also the rice well, and let it soak in water; bruise the garlie and ginger with a part of the salt in some butter-milk; lay it over the meat; heat the ghee in a stewpan, and put in the onions sliced; when they are brown, add the meat, and fry it well; then add the cream and milk, after which the rice, salt, cloves, cardamoms, and zeerah ground, with as much water as will dress the rice; when the rice is nearly done, remove the pan from the fire, and set it on the side for about twenty or thirty minutes.

#### KITCHERIE PULLOW.

Cut the meat in large slices, and give it a "baghar" in ghee with some sliced onions; add to it some pounded green ginger, onions, salt, and eoriander seed; mix these

Kid . . .	one.
Rice . . .	1 seer
Ghee . . .	each.
Cream . . .	4 chittacks
Milk . . .	each.
Onions . . .	each.
Green ginger	1 chittack.
Cloves . . .	4 mashas
Cardamoms . . .	each.
Zeerah . . .	6 mashas.
Garlic . . .	4 "
Butter-milk . . .	$\frac{1}{2}$ seer.
Salt . . .	2 chittacks.

Meat . . .	1 seer.
Moongkadhall	$\frac{1}{2}$ "
Rice . . .	$\frac{1}{2}$ sr. each.
Ghee . . .	$\frac{1}{2}$ sr. each.

Salt . . .	3 tolahs.
Green ginger	} 1 tolah ea.
Coriander seed . . .	
Cinnamon . . .	2 mashas.
Cloves . . .	1 masha
Cardamoms . . .	each.
Cummin seed	2 mashas.
Black pepper	4 "
Onions . . .	$\frac{1}{4}$ "

together, and boil in water till the meat is tender; then strain the gravy, and give a "baghar" to the meat and gravy with cloves in ghee; put the meat into another saucepan with some cummin seed and spices; soak the moong ka dhall and rice in water

for an hour, and wash it well; give a "baghar" to it in ghee, with some sliced onions; then fry it for a few minutes; put it with the gravy, and boil till the rice and dhall are dressed; when done, put it over the meat with the rest of the spices, and pour over it some ghee; cover the saucepan close, and boil together till the whole is ready, which will be in a few minutes.

#### KUDDOO PULLOW.

Take three-fourths of a seer of the meat; cut it into slices,

Meat . . .	1 $\frac{1}{4}$ seers.
Rice . . .	1 "
Ghee . . .	$\frac{1}{2}$ "
Kuddoo, weighing about . . .	1 "
Onions . . .	$\frac{1}{4}$ "
Turneric . . .	} 1 masha.
Black pepper	
Cinnamon . . .	3 "
Cloves . . .	} 1 $\frac{1}{2}$ " each.
Cardamoms . . .	
Black cummin seed	2 "
Green ginger	1 tolah.
Salt . . .	4 "
Lime . . .	one.

and put it into a saucepan with water, some sliced onions, and green ginger; pound some salt and coriander seed, with a little ghee; mix these together, and boil till the meat is tender; then strain the gravy into another vessel, and give a "baghar" to the meat and gravy in ghee, with some cloves; separate the meat from the gravy, and put it into another saucepan, with some cummin

seed and spices; parboil the rice in plain water, then mix it with the gravy, and boil till done; when done, put it over the meat, with a little ghee, and simmer it for a few minutes; cover the saucepan close, and set it near the fire; mince the remaining meat; give a "baghar" to it in ghee, with some fried onions and salt, ground coriander seed, and a little water; boil it till the gravy and ghee are well mixed; peel and clean the kuddoo; take

out the inside; prick it with a fork, and rub it over with a mixture of salt and saffron; then take the juice of a lime, with the rest of the spices and the minced meat, and stuff it, then fry it in ghee till it is of a bright brown colour. Before serving the pulloo, put the kuddoo in the centre, and the gravy around it. A large cucumber may be substituted for the pumpkin.

#### MYHEE PULLOW LOWABDAR.

Clean the fish well; cut it into thick slices; dip it into the

Roe or other } 2 seers.  
fish . . . }

Meat . . . 1½ "

Rice . . . 1 "

Ghee . . . 3 "

Onions . . . ½ "

Green ginger . 1/8 "

Coriander seed 4 tolabs.

Blanched } 4 ounces.  
almonds . }

Cinnamon . 6 mashas.

Cardamoms . } 3 mashas  
Cloves . . }

Black pepper } each.

Basun . . . 6 tolabs.

Gingilly oil . 8 "

Salt . . . 4 "

Garlic . . . 1 "

gingilly oil (or sweet oil), and let it remain for half an hour; then wash it off, and rub it over with the ground basun flour, and wash it again in water; after which prick the fish with a fork; bruise some onions, green ginger, salt, and spices, with a little tyre, and cover the fish with it; then fry it in ghee of a nice brown colour; after which give it a "baghar" with ghee and sliced onions; fry some sliced onions sepa-

ately, with a few cloves and a little garlic, which put with the fish, also the almonds and coriander seed ground, with a little rice water; simmer it till it forms a sauce; then remove it from the fire; cut the meat into slices, wash it well, and put it into a saucepan, with the usual quantity of water, some sliced onions, green ginger, pounded salt, and coriander seed; boil till thoroughly done; put the meat with the gravy into a coarse cloth; press and strain the gravy into a basin, and give a "baghar" to it in ghee with cloves; parboil the rice as usual, then mix it with the gravy, and boil till the rice is dressed; put the rice into another saucepan and add to it the spices; cover the saucepan close, and let it stand by the side of the fire for a few minutes, when it will be fit for

use. When you serve the pullow, put the fish over it with the gravy. A chasneedar may be made in the usual manner by dressing the fish and rice separately with lime syrup.

## MULGOBAH PULLOW.

Cut the meat in large slices, and put it into a saucepan with some onions and green ginger

Mutton . . .	1 seer.
Tyre . . .	2 "
Onions . . .	$\frac{1}{4}$ "
Rice . . .	1 "
Green ginger	1 tolah.
Salt . . .	3 "
Almonds . .	5 "
Cinnamon .	2 mashas.
Cloves . . .	
Cardamoms .	} 1 masha
Black pepper	
Cummin seed	
Ghee . . .	$\frac{1}{4}$ seer.

sliced; pound some salt and coriander seed, with a little ghee; add a sufficient quantity of water, and boil the whole till the meat is tender; separate the gravy from the meat, and mix in it the tyre; stir it well, and strain it into another vessel; take three tolahs weight of almonds; grind them with a little rice water,

and add them to the gravy; give a "baghar" to the meat and gravy with some ghee and cloves; let it boil up once; remove the meat from the saucepan, and put it into another vessel with the ground cummin seed and spices; fry the rest of the almonds in ghee; grind and put them to the meat; mix all together, and fry for a few minutes; parboil the rice in plain water and strain, when put it with the meat and the gravy and a little ghee; cover the pan close, and simmer it gently until it is done.

## SHERAZEE PULLOW.

Take three-fourths of the meat, and cut it into large slices; put it into a saucepan with a

Eggs . . .	five.
Meat . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ "
Onions . . .	$\frac{1}{4}$ "
Green ginger	1 tolah.
Apricots . .	} 2 tolahs
dried . . .	
Pistachios .	
Almonds . .	} each.
Raisins . .	
Cinnamon .	2 mashas.

proper quantity of water, with the onions and ginger sliced, also some salt and coriander seed ground, with a little ghee; boil till the meat is tender; then strain off the gravy into another saucepan, and give a "baghar" to the meat with the



Cloves . . . }  
 Cardamoms . . }  
 Black pepper . } 1 masha ea.  
 Cummin . . . }  
 seed . . . }  
 Rice . . . 1 seer.

cloves in ghee; pound the cummin seed and a part of the spices, and put it with the meat in another saucepan; parboil the rice in plain water; remove it, and put it with the gravy, and boil till the rice is dressed; then place it over the meat with some ghee; cover the saucepan close, and let it simmer gently for an hour; mince the remainder of the meat, and "baghar" it in ghee, with some pounded salt, coriander seed, and a little water; then boil it gently; when done, and the ghee and gravy are well mixed, put in the raisins, pistachios, apricots, blanched almonds, and spices, with the whites of the eggs beaten up; let it stand on the side of the fire till cooked; then fry the yolks of the eggs in a little ghee, and all is ready. When you serve the pul-low, spread the minced meat, &c., over it, and the fried eggs on the top of that.

To make a chasneedar of it, prepare a syrup as before directed; mix two-thirds of it with the rice while it is boiling with the meat, and the other one-third to be added with the minced meat previous to dressing.

#### LOOKMAH PULLOW.

Cut half the meat in large pieces, and put it into a saucepan, with a proper quantity of

Eggs . . . two.  
 Meat . . . 2 seers.  
 Almonds . . }  
 Raisins . . . } ¼ sr. each.  
 Onions . . . }  
 Pistachios . . }  
 Green ginger ⅛ seer.  
 Rice . . . 1 "  
 Coriander . . }  
 seed . . . } 2 tolahs.  
 Roasted . . }  
 chunnah . . } ½ "  
 dhall . . . }  
 Mydah flour 6 tolahs.  
 Ghee . . . 1 seer.  
 Cinnamon . 4 mashas.  
 Black pepper 1 "

water, a portion of sliced onions, green ginger, salt, and pounded coriander seed; mix these together, and boil till the meat is tender; strain the gravy into another saucepan, and give a "baghar" to the meat in ghee, with some cloves, pounded cummin seed, and spices; parboil the rice in plain water, then put it with the gravy, and let it be

Cloves . . .	} 2 mashas	each.
Cardamoms . . .		
Black cum- min seed . . .		
Salt . . .	3 tolaks.	

thoroughly cooked; when done, put it over the meat with some ghee; cover close the saucepan, and boil it till the whole is dressed on a gentle fire. Mince the other seer of meat;

place it in a saucepan on the fire, with about five tolaks weight of ghee, some sliced onions, and fry them; when the onions are sufficiently brown, give a "baghar" to the meat with ghee; then add to it a little salt, pounded coriander seed, and water, boil till the meat is nearly done; take it out, and put with it some bruised green ginger, raisins, almonds, and the chunnahdhall roasted; pound these together in a mortar, and make it into a paste, with the whites of the eggs and mydah; cut the almonds and pistachio nuts into pieces, and fry them in ghee. Take as much of the pounded meat as will form a ball the size of a small lime, and place in the centre some of the almonds and pistachio nuts; continue this till the whole is finished; then cover each with the yolks of the eggs, and fry them in ghee of a nice brown colour; take a little gravy with the remaining ground spices, and give a "baghar" to it in ghee; put this with the balls, and simmer till the gravy is nearly reduced. When you serve the pullow, pour the gravy over it, and place the balls round it.

#### KOONDUN PULLOW.

Cut the meat into slices; put it into a saucepan with

Meat . . .	1 seer.
Eggs . . .	five.
Rice . . .	1 seer,
Salt . . .	3 tolaks.
Black pepper . . .	1 masha.
Onions . . .	$\frac{1}{4}$ seer.
Green ginger . . .	1 tolak.
Cinnamon . . .	2 mashas.
Cloves . . .	1 masha
Cardamoms . . .	} each.
Coriander seed . . .	1 tolak.
Cumin seed . . .	1 masha
Suet . . .	$\frac{1}{2}$ tolak.

water, some onions and green ginger sliced; pound some salt and coriander seed; add these to the meat, and boil till done; then strain the gravy into another saucepan; give a "baghar" to the meat, with some ghee and cloves; mince half the meat, and mix with it some of the spices, salt, and suet; pound these together in

a mortar to a paste; boil the five eggs hard; take off the shell, and eover them with the pounded meat; baste, and fry them a nice brown in ghee, and keep them on one side; put the rest of the meat into another saucepan, with the cummin seed and spiees, and warm it; then parboil the rice in plain water; take it out, and add to it the gravy, boiling it till the rice is dressed; when done, put it over the meat, and let it boil for a quarter of an hour; then put in the fried eggs, and pour over all a little ghee; eover the saucepan close, and let it simmer gently for a few minutes, when it will be ready to serve.

If you wish to make a ehasneedar, take sugar, lime-juice, and water, as before directed, and make a syrup; take half of the syrup; put it with the meat and the fried eggs over it, and boil for a few minutes; mix the remaining syrup with the gravy; boil the rice in it, and put over the meat; then cover the saueepan elose, and boil till done; otherwise put the fried eggs into the syrup, and let them remain in it for about twenty minutes; then take them out, mix the syrup with the gravy, and boil the rice in it. When you serve the pullow, place the eggs over the rice.

#### GHEELANEE PULLOW.

Cut the meat as usual, and put it into a saucepan, with a

Meat . . .	1 seer.
Milk . . .	$\frac{1}{2}$ "
Tyre . . .	} 1 sr. each.
Rice . . .	
Ghee . . .	$\frac{1}{6}$ seer.
Cinnamon . .	} 2 mashas
Cloves . . .	
Cardamoms . .	1 masha.
Coriander . .	2 tolabs.
Cummin seed .	1 masha.
Almonds . . .	$\frac{1}{3}$ seer.
Salt . . .	3 tolabs.
Black pepper .	4 mashas.
Onions . . .	$\frac{1}{4}$ seer.
Green ginger .	1 tolal.

suffieient quantity of water, add the onions and green ginger sliced, with some salt and eoriander seed pounded, and a little ghee; boil these together till the meat is tender; then separate the gravy from the meat; take half of it, and mix with it the tyre and a quarter seer of milk; strain this into a basin; add a little ground rice with water, and mix in it; give a "baghar" to the same

with cloves and ghee; then put in the meat, with half of the spices; grind the almonds, and put them also with the meat; boil it till the gravy is nearly reduced, then take it from the fire. Parboil the rice in plain water; take it out and put to it the remaining gravy, with the cummin seed and curry-stuff pounded, and boil till the rice is cooked; pour over it the other quarter seer of milk; cover the saucepan, and let it stand on the fire for a few minutes. When you serve the pullo, put the meat and gravy over it.

If you wish to make a thyder, when dressing the meat with the tyre and milk, put the rice in it (after it has been well boiled in the gravy), with a little ghee and milk; cover the saucepan, and gently simmer for an hour, then serve it up.

#### WHUR PULLOW.

Wash the dhall well;	put it into a saucepan of water, and
Rice . . . 1 seer.	boil it till it is thoroughly done;
Dhall . . . } $\frac{1}{2}$ „ each.	take another saucepan, and put into
Ghee . . . }	it half of the ghee, some sliced
Onions . . . $\frac{1}{8}$ „	onions, and fry them well; when the
Cinnamon . . 2 mashas.	onions are perfectly brown, put in
Cloves . . . }	the spices and dhall, and fry them
Cardamoms . } 1 „ each.	together; soak the rice in water for an hour, and wash it
Salt . . . 2 tolahs.	well; then put it over the dhall, with a sufficient quantity of
	warm water, and boil them together; when done, pour in a
	little ghee, and let it simmer on a slow fire for a few minutes.

The chunnah and moong ka dhall pullows are made in the same way, and are eaten with quoormah, which is prepared as follows:—

Take one seer of meat, one quarter seer of ghee, the same of tyre, two mashas of cinnamon, one masha of cloves, one masha of cardamoms, one-eighth seer of onions, one and a half tolahs of green ginger, one and a half tolahs of garlic, and four limes. Cut the meat into slices, and rub it over with the sliced green ginger, garlic, tyre, and salt ground together;

let it remain for two hours ; set a saucepan on the fire ; put in the whole quantity of ghee, with some sliced onions, and fry them ; when the onions are brown, add the spices and the meat, with a little water and the juice of the limes ; mix these together, and dress till the meat is tender and the gravy dried up.

#### KOOLAH SANTHOON NEGAMUTH PULLOW.

Boil the milk till it is reduced to one-half ; strain the  
 Rice . . . } 1 seer each.  
 Mango pulp, }  
 sweet . . . }  
 Cream . . .  $\frac{1}{4}$  "  
 Milk . . .  $\frac{1}{2}$  "  
 Sugar-candy, }  
 pounded . . }  $\frac{1}{8}$  "  
 Saffron . . . 1 masha.  
 Musk . . . 1 grain.  
 mango pulp into a basin ; add the milk and cream, stirring them well together ; sift the sugar-candy ; grind the musk and saffron in a little rose-water, and mix the whole together ; soak the rice in water ; wash it well, and boil it properly ; when done, place a layer in a deep dish ; pour some of the mango custard over it ; then more rice and mango, and so continue till the whole is finished.

The receipt says a little ghee is to be poured over the custard, but I hardly think such would be relished by any but natives ; even the musk might be omitted.

#### UNUNASS PULLOW.

Pare off the rind of the pine-apple, and cut into  
 Meat . . . } 1 seer each.  
 Rice . . . }  
 Onions . . .  $\frac{1}{4}$  "  
 Ghee . . .  $\frac{1}{4}$  "  
 Sugar . . .  $\frac{1}{4}$  "  
 Salt . . . } 1 tolah  
 Green ginger } each.  
 Cinnamon . . 2 mashas.  
 Cloves . . . } 1 " each.  
 Cardamoms . }  
 Coriander seed } 1 tolah.  
 Black cum- }  
 min seed . . } 3 mashas.  
 Limes . . .  $\frac{1}{4}$  seer.  
 Pine-apple . .  $\frac{1}{2}$  "  
 slices ; put one-half in water, and boil the other half until soft ; make a syrup with the limes, sugar, and a sufficiency of water ; put the pine-apple slices into it, and boil them for a quarter of an hour ; then remove the fruit with a little of the syrup, and set on one side. Cut the meat into slices, and put it into a sancepan, with a proper quan-



tity of water, some sliced onions, green ginger, pounded salt, and coriander seed, with a little ghee; boil them well together, and strain off the gravy; "baghar" the meat in ghee with cloves; take the other half of the pine-apple with the cummin seed, ground spices, and syrup; boil the whole until the syrup is dried up; boil the rice as usual with the gravy from the meat; then put it over the meat in another saucepan, and let it stand near the fire for a short time, when pour over some ghec, and cover it close. When you serve the pullow, dress it with the pine-apples on the top and around the dish.

## KALA PULLOW.

Cut the meat as usual, and put it into a saucepan, with

Meat . . .	1½ seers.	a proper quantity of water, sliced
Rice . . .	1 "	onions, and green ginger pounded,
Ghee . . .	½ "	some salt and coriander seed, with
Plantains . .	ten.	a little ghee; boil this together
Onions . . .	} ¼ sr. each.	till the meat is done, then strain the
Limes . . .		gravy into a separate saucepan, and
Sugar . . .	¾ "	give a "baghar" to the meat
Salt . . .	1 tolah.	with cloves in ghee; take half a seer
Cinnamon . .	2 mashas.	of sugar, a small quantity of water,
Cloves . . .	} 1 " each,	and the juice of two limes, which
Cardamoms .		make into a clear syrup; add this also to the gravy; put the
Green ginger .	} 2 tolahs	meat into another saucepan, with some cummin seed, spices,
Coriander . .		and a little gravy; mix these together, and boil it till the
seed . . .	each.	gravy is reduced; parboil the rice in plain water; mix it into
Cummin seed .	1 masha.	the gravy, and boil it till it is done; put it over the meat,

and boil them together for a quarter of an hour; then pour over all some ghee; cover the saucepan close, and boil it on a gentle fire; take the remaining one-fourth seer of sugar, with a small quantity of water and the juice of a lime, and make it into a clear syrup; cut each plantain lengthways in four pieces; put them in the syrup, and boil till tender. When you serve the pullow, put the plantains and the gravy over it.

## SHOLAH PULLOW.

Divide the meat into equal slices ; place a saucepan on the

Kid or mut-	}	1 seer.
ton . . .		
Rice . . .	}	$\frac{2}{3}$ "
Ghee . . .		
Onions . . .	}	$\frac{1}{4}$ "
Turnips . . .		
Beet-root . . .	}	$\frac{1}{3}$ " each.
Palluk greens		
Moong ka	}	$\frac{1}{4}$ "
dhall . . .		
Mussoor ka	}	$\frac{1}{8}$ " each.
dhall . . .		
Chunnah ka	}	4 mashas.
dhall . . .		
Cinnamon . . .	}	2 " each.
Cloves . . .		
Cardamoms . . .	}	1 " "
Black pepper		
Coriander seed	}	1 tolah.
Green ginger		
Cummin seed	}	4 mashas.
Salt . . .		
Garlic . . .	}	3 tolahs.

fire, with a little ghee and some sliced onions; fry them brown; put in the meat, and fry it till the gravy is well mixed with the ghee; then put with it the three sorts of dhall and coriander seed; cut the turnips and beet-root into slices; shred fine the palluk greens, and put the whole with the meat and a sufficient quantity of water; boil it gently until the whole is done; then take it out, and strain the gravy into another saucepan; "baghar" the meat in ghee with cloves, and add to it the cummin seed and

spices; dress the rice as usual, with the gravy and cinnamon; then place it over the meat, and the vegetables on the top; pour a little ghee over the whole; cover the saucepan close, and simmer it gently for a short time.

## KHAISHGHEE PULLOW.

Pound the sugar-candy, and make it into a clear syrup;

Rice . . .	1 seer.
Ghee . . .	$\frac{1}{4}$ "
Sugar-candy	1 "
Rose-water .	$\frac{1}{8}$ "
Cinnamon .	2 mashas.
Cloves . . .	} 1 " each.
Cardamoms .	
Blanched	} 1 chittack
almonds . .	
Pistachio	} each.
nuts . . .	
Raisins,	}
stoned . .	
Musk . . .	$\frac{1}{4}$ masha.
Saffron . .	1 "

soak the rice in water for an hour, and clean it well; then put it into a saucepan, with the spices and ghee; fry it a little; grind the musk with the rose-water, and pour it with the syrup on the rice; boil it till the rice is done; colour the almonds and pistachio nuts with saffron, and fry them with the raisins in ghee:

when you serve the pullow, put them over it.

## SAUR PULLOW.

Slaughter and skin the kid; take out the inside, and cut off the head and feet; wash the

Kid . . .	one.
Meat . . .	1 seer.
Rice . . .	2 "
Ghee . . .	1 "
Tyre . . .	} $\frac{1}{2}$ sr. each.
Onions . . .	
Green ginger . . .	4 tolals.
Garlic . . .	3 "
Coriander seed . . .	2 "
Salt . . .	4 "
Cinnamon . . .	} 4 mashas
Cloves . . .	
Cardamoms . . .	

carcase clean, and divide it into joints; bruise some of the green ginger, onions, and garlic; squeeze the juice into a basin, and add a little salt with some tyre; mix all together; rub it over the meat, and let it remain for an hour; then give a "baghar" to the meat in

ghee, with some thin sliced onions; add a portion of the spices to it, and a sufficient quantity of water, and boil the meat till done; keep it warm; clean and divide the head and legs of the kid; cut the meat in slices; put both together into a saucepan, with a proper quantity of water (about six quarts), the sliced onions, and spices, and boil gently till the meat separates from the bone, removing the scum from time to time; strain off the gravy; wash the rice well, and parboil it in water; then place it in another saucepan with the gravy, and boil till the rice is properly cooked; put it over the meat of the kid, cover the saucepan close, boil the whole gently for a short time, and serve.

## BARBAWN PULLOW.

Simmer or soak the wheat in water until quite tender,

Meat . . .	} 1 seer each.
Wheat . . .	
Ghee . . .	$\frac{1}{2}$ "
Onions . . .	$\frac{1}{4}$ "
Cinnamon . . .	2 mashas.
Cloves . . .	} 1 " each.
Cardamoms . . .	
Black pepper . . .	4 "
Green ginger . . .	2 tolals.
Coriander seed . . .	} 1 " each.
Cummin seed . . .	
Salt . . .	2 "

then dry it in the sun, after which coarsely grind it to remove the husk; slice the meat, put it in a saucepan with a sufficient quantity of water, some sliced onions, green ginger, pounded salt, and coriander seed; boil the whole well together; strain the gravy into another vessel, and "baghar" the meat with cloves; put

the wheat with some ghee into a pan and fry it; then add the gravy with a little ghee, and boil till done. Have ready the meat with the spices in another saucepan; put over it the wheat with a little more ghee; cover the pan close, and set it near the fire for twenty minutes.

## IMLEE PULLOW.

Cut the meat into slices; put it into a saucepan, with the usual quantity of water, sliced onions, green ginger, salt, coriander seed, and some ghee; boil the whole well together; strain the gravy into another saucepan, and give a "baghar" to it, with the meat also, in ghee and cloves; separate the meat from the gravy, and mix with the latter the sugar and tamarind; give it a boil, and strain the gravy.

Put the meat into a pan on the fire, with the cummin seed, spices, and a little gravy; boil the whole until the gravy is dried up; boil the rice in the gravy as usual; when done, put it over the meat with a little ghee; cover the saucepan close, and let it stand near the fire a short time. When you serve the pullo, put the raisins fried over it.

## NUCKODEE KOOPHTA PULLOW.

Sllice the meat, and put it into a saucepan, with a sufficient quantity of water, some sliced onions, green ginger, pounded salt, and coriander seed, with ghee, and the soyah greens nicely washed and picked; boil all together till the meat is done, then strain the gravy into a basin; take out the meat, and give it a "baghar" in ghee,

Meat . . .	} 1 seer each.
Rice . . .	} 1 seer each.
Tamarind . . .	$\frac{1}{2}$ "
Ghee . . .	$\frac{1}{8}$ "
Sugar . . .	$\frac{1}{2}$ "
Cinnamon . . .	} 1 masha each.
Cloves . . .	
Cardamoms . . .	
Black pepper . . .	} 1 masha each.
Coriander seed . . .	
Salt . . .	
Onions . . .	$\frac{1}{4}$ seer.
Green ginger . . .	1 tolah.
Raisins . . .	$\frac{1}{8}$ seer.

Eggs . . .	two.
Mutton . . .	$1\frac{1}{2}$ seer.
Rice . . .	1
Suet . . .	3 tolahs.
Flour . . .	2 "
Soyah greens . . .	$\frac{1}{8}$ seer.
Onions . . .	$\frac{1}{2}$ "
Green ginger . . .	2 tolahs.
Almonds . . .	$\frac{1}{8}$ seer.
Salt . . .	4 tolahs.
Saffron . . .	1 masha.

Cinnamon . . .	4 mashas.	} 2 " each.	with half the cloves, after which
Cloves . . .			
Cardamoms . . .			
Cumin seed . . .	6 "		add the cumin seed and part of
Black pepper . . .	8 "		the spices. Parboil the rice in plain
Coriander seed . . .	2 tolahs.		water, then dress it in the gravy

with the cinnamon; grind the saffron with a little water, and colour a part of the rice with it, which place over the meat, or on one side of the saucepan, and plain rice on the other; pour some ghee over the whole; cover the saucepan close, and set it near the fire. Mix very fine the other half seer of meat, and give it a "baghar" in ghee, with some sliced onions, green ginger, salt, and coriander seed; add a little water, and boil gently till the meat is done: then put the meat into a mortar with the suet, some chopped onions, pepper, salt, and the white of the eggs; mix the whole together into a paste, form it into small balls, roll them in the flour, and give a "baghar" to them in ghee with cloves; pound the almonds with a little water and the rest of the spices; put it with the balls, which are now to be fried until properly done, and when ready, placed over the pulloo and served.

## NATIVE CAKES FOR EATING WITH CURRY, &c.

### NUAN A BAH KUMMACH.

Take one seer of soojee, one-fourth of a seer of ghee, half a seer of milk, four tolahs weight of yeast, or a sufficient quantity of Borwick's baking powder, and one tolah of salt. Mix the milk with the soojee; then add the ghee, yeast, and salt; work it well, and set it aside to rise for a couple of hours; form it into two cakes; sprinkle them over with khush-khush and aniseed, and bake them.

### KUMMAH A KASSAH.

First prepare the fermenting liquid with aniseed, one tolah; boil it in a pint of water till reduced to one-half, then



strain it into a basin, and when cooled a little, add half a pound of peeled chunnah (gram), and let it remain in a warm place for nine or ten hours to ferment. Should fermentation not take place, the liquid must be boiled again; when ready, knead it with eight ounces of wheat-flour, and allow it to remain a couple of hours to rise. Now take three pints of cow's milk, and boil it down to one-half, or rather more; then mix it with one pound of soojee, the same of wheat-flour, and work it well; then add to it the dough that has risen; knead it well a second time with the salt; keep it covered in a warm place for an hour, then divide it into cakes; smear the pan with ghee, and bake them.

#### NAUNA SHEER MHAL.

Mix the mydah well with the milk and salt; knead it for some time, after which mix in the ghee, and lastly the kummeer; work it well again, and set it in a warm place covered over with a cloth to rise. This will take from two to three hours. Form it into a flat cake, and sprinkle a little milk with a brush or feather over it before being baked.

Mydah . . .	1 seer.
Milk . . .	$\frac{3}{4}$ "
Ghee . . .	15 tolahs.
Salt . . .	1 "
Kummeer . .	3 "

#### ANOTHER WAY.

Mix the flour and soojee with the milk; work it well with the leaven and salt, and keep it to rise in a warm place for three or four hours; form the bread; rub a little honey over it, and sprinkle with khush-khush or sliced almonds and bake it.

Flour . . .	} $\frac{1}{2}$ seer.
Soojee . . .	
Milk . . .	1 "
Ghee . . .	12 pice wgt.
Salt . . .	2 "
Leaven . . .	4 "

#### LEAVEN.

Take four pice weight of dhall gram; soak it in water, and pound it with one pice weight of aniseed; add this to a quarter of a seer of dhyc (curdled milk whey), with half a

seer of wheat-flour ; work it well together ; wrap it in a warm cloth, and set it aside to rise for three or four hours.

*Obs.*—Four pice weight, with two of salt, is sufficient to mix in the usual manner with one seer of flour, after being made into dough.

## KUMMEER.

This is a sort of leaven used by Mussulmans for raising their bread or cakes. Take aniseed three mashas, dhye a sufficient quantity to make fifteen tolahs weight of mydah into a soft dough ; soak the aniseed in the dhye for ten or twelve hours, and strain it ; then mix it with the flour, and set it aside to rise for a couple of hours more, when it is fit for use.

## BAKR KHANI.

Mix the flour with two-thirds of the milk well together ;

Mydah . . . 1 seer.  
Milk . . .  $\frac{3}{4}$  "  
Ghee . . . 15 tolahs.  
Salt . . . 5 mashas.  
Kummeer . 3 tolahs.  
Egg . . . one.  
Almonds . fifteen.

blanch and pound to a paste in a mortar twelve tolahs weight of the almonds, with a little milk to keep them from oiling ; then by degrees add the remainder of the milk, and

strain it into the dough ; take the yolk of the egg, and ghee, and mix all well together ; lastly, add the kummeer, and set it aside in a warm place to rise for a couple of hours ; then form it into a flat cake the shape of a horse-shoe ; brush it over with milk, and sprinkle the remaining almonds, chopped fine, over it, or some khush-khush seed ; place the cake on a tin, and bake it.

## ANOTHER WAY.

Mix the soojee, cream, and leaven well together ; add the

Soojee . .  $\frac{1}{2}$  seer.  
Cream . 10 pice wgt.  
Ghee . .  $\frac{1}{4}$  seer.  
Salt . . 2 pice wgt.  
Leaven . 4 "

salt and ghee ; work well the whole into a mass for some time ; set it aside to rise. When the leaven has taken its proper effect make it into

a flat cake, rub some honey or dhye over it, and sprinkle with sliced almonds.

## PAUPUDS.

Sift the flour well, and pound fine the other ingredients ;  
 Moong ka dhal, } then mix the whole together with  
   or Oodug. . . } 1 seer. water, and knead into dough ; set it  
 Salt . . . 8 tolahs. aside for six hours and knead it  
 Paupud khaur. 3 " again ; afterwards beat it with a  
 Black pepper . 2 " round stone or in a mortar until it  
 Assafœtida . . 6 mashas. becomes of a proper consisteney to be malleable and made  
 into very thin cakes ; then take a small ball of it, and slightly  
 smear it over with ghee ; spread it with a roller like a  
 biscuit upon a smooth board, the thinner the better.

These cakes, if kept in a dry place, will be good for a long time, and when to be used, should only be grilled or toasted, without ghee or butter, and served quite warm and crisp.

## MADRAS HOPPERS, OR OPAS.

Wash and clean a seer of rice very nicely, and lay it upon a cloth in the sun ; when perfectly dry, pound it in a mortar to a fine flour ; then put it into a pan ; mix it up with sweet toddy into a paste, and let it remain for at least twelve hours, or all the night. Next day take two cocoa-nuts ; serape the inside, and squeeze the juice into the rice paste, mixing both together ; then place an iron or earthen pan on a rather slow fire ; rub the inside of the pan with ghee, and put as much as you please of the cake in it, but not too thick ; cover it over with a similar pan, and place some embers on the top. In a short time it will be baked, which can only be known by lifting the top. If not done enough, let it remain a little longer, but do not turn it.

The yolks of eggs with a little sugar is sometimes added to the rice with the toddy and well beaten together. This makes the cakes yellow and sweet, whereas the others are quite white and plain inside, and the under part only browned.

## CHUPATEES

Are made by mixing flour and water together, with a little salt, into a paste or dough, kneading it well; sometimes ghee is added. They may also be made with milk instead of water. They are flattened into thin cakes with the hand, smeared with a small quantity of ghee, and baked on an iron pan over the fire.

## INGREDIENTS FOR CURRY-STUFF.

Native Name.	English Name.	Botanical Name.
Souf . . . . .	Anise seed . . . .	Pimpinella Anisum.
Seetul cheenee gach .	All-spice . . . .	Myrtus Pimenta.
Eelachie . . . . .	Cordamom. . . . .	Amomum Cardomomum.
Laoong . . . . .	Cloves . . . . .	Eugenia Caryophyllata.
Jawatrie . . . . .	Mace . . . . .	Myristica Moschata.
Jaephall . . . . .	Nutmeg . . . . .	Ditto.
Kulmie darchinie. .	Cinnamon. . . . .	Laurus Cinnamomum.
Dhunnia or Kotimear	Coriander . . . . .	Coriandrum Sativum.
Zeera . . . . .	Cummin seed . . . .	Cuminum Cyminum.
Kali mirchie . . . .	Black pepper . . . .	Piper Nigrum.
Rai . . . . .	Mustard seed. . . .	Sinopsis Chinensis.
Laul mirchie . . . .	Chillies. . . . .	Capsicum Annum.
Laul mirchie . . . .	Cayenne . . . . .	Capsicum Frutiscens.
Huldie . . . . .	Turnerie . . . . .	Curcuma Longa.
Maytie . . . . .	Fenugreek. . . . .	Trigonella Fœnum Græcum.
Lussun . . . . .	Garlic . . . . .	Allium Sativum.
Sont . . . . .	Ginger, dry } . . .	Amomum Zingiber.
Udruck . . . . .	„ green } . . .	
Khush-khush . . . .	Poppy seed . . . .	Papaver Somniferum.
Pipel . . . . .	Long pepper . . . .	Piper Longum.
Hing . . . . .	Asafœtida . . . . .	Ferula Asafœtida.
Chironjie . . . . .	Chironjie nut. . . .	Buchanania Latifolia.
Badam . . . . .	Almond . . . . .	Amygdalis Communis.
Nareul . . . . .	Cocoa-nut. . . . .	Cocos Nucifera.
Nemuck . . . . .	Salt.	

## INGREDIENTS FOR MAKING A CURRY.

WITH MEAT, FOWL, OR FISH.

Native Name.	English Name.	Quantity.
Mirchie . . .	Chillies, dry or green .	From six to twelve, or more.
Huldie . . .	Turmeric . . . . .	One tolah.
Dhuunia . . .	Coriander seed . . . .	One "
Zeera . . . .	Cummin seed . . . . .	Three mashas.
Eelachic . . .	Cardamom seed . . . .	Two "
Maytie . . . .	Fenugreek . . . . .	Three "
Sont . . . . .	Dry ginger . . . . .	Three "
Kali Mirchie .	Black pepper . . . . .	One tolah.
Nemuck . . . .	Salt . . . . .	Two "
Laoong . . . .	Cloves . . . . .	Twelve tolahs.
Jawatrie . . .	Mace . . . . .	One masha.
Kulmie darchinie	Cinnamon . . . . .	One tolah.
Nareul . . . .	Cocoa-nut . . . . .	Eight "
Chironjie . . .	Chironjie nuts . . . .	Six "
Badam . . . .	Almonds . . . . .	Five "
Khush-khush .	Poppy seed . . . . .	Five "
Peaz . . . . .	Onions . . . . .	Table-spoonful, sliced.
Lussun . . . .	Garlic . . . . .	From one to three cloves.
Am . . . . .	Mango, dried or green .	A few slices.
Umblee, or Imlee.	Tamarind, fresh or salted	A small quantity.
Nimboo . . . .	Lime-juice . . . . .	One dessert-spoonful.
Tyre . . . . .	Curds . . . . .	Three table-spoonsful.
Ghee . . . . .	Butter . . . . .	Three table-spoonsful.

*Obs.*—These are the quantities of the various articles to be used in the preparation of a curry, bearing in mind it is unnecessary to use the whole of the spices together, or the mangoes, tamarind, or lime-juice. The cocoa-nut with the almonds and the ginger may be omitted when dry ripe chillies are used, as likewise the cummin seed with the coriander, both of which are better for being fresh roasted. Cocoa-nut milk is much used on the coast in forming the gravy to many curries, especially fish and prawns, as well as the milk fresh expressed from the nut when grated.

If the curry is to be dry, the onions must be fried brown in ghee or butter, and the ingredients ground to a paste, with water mixed in the same, the meat and fowl added, stirring the whole until the gravy and butter are absorbed.



For a gravy curry, cut the meat or fowl into slices ; put the ghee into a stewpan over the fire with the sliced onions and dress them ; then add the meat with the ground ingredients, and some water or broth ; mix well together, and let the whole simmer gently until the meat is properly done.

Chundoo or jhalfresee is made with meat or fowl that has been previously dressed ; it is to be minced up and added to chopped onions fried in ghee, with whole red chillies, and the other curry ingredients well mixed together ; the frying is continued until the meat is nicely brown, and the gravy quite absorbed.

*Glossary of Native Terms for English Names used in the several Recipes in this Chapter.*

Almond	or	<i>Badam.</i>
Carrot	,,	<i>Gazur.</i>
Egg	,,	<i>Unda.</i>
Fish	,,	<i>Mutchlee.</i>
Flour	,,	<i>Mydah.</i>
Gram	,,	<i>Chnunah.</i>
Ground rice	,,	<i>Choul ka mydah.</i>
Lime-juice	,,	<i>Nimboo ka rus.</i>
Melted butter	,,	<i>Ghee.</i>
Milk	,,	<i>Dood.</i>
Mint	,,	<i>Podeenah.</i>
Rice	,,	<i>Choul.</i>
Sugar	,,	<i>Cheenee.</i>
Tyre	,,	<i>Dhye.</i>

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## CHAPTER XXVII.

### MISCELLANEOUS RECEIPTS.

#### TO PRESERVE SKINS WITH THE HAIR ON.

Soak the skin in water for one day ; clean it well of fat ; take alum three pounds, rock salt four ounces, and dissolve in as much water as will cover the skin in a tub or vessel ; then boil the solution, and when lukewarm put in the skin and soak it for four days, working it well with the feet or hands several times ; take it out, and dry it in a warm place, but not in the sun. Boil up the water again, repeating the same process with the skin ; wash it well, and beat it with a wooden mallet till quite soft, after which dry it in the shade, rubbing it between the hands at intervals. By this means it will be as soft and pliable as doeskin.

#### CARCEL OR ARGAND LAMPS.

The management of a lamp is not very difficult, and common care and attention by the servant will keep it in order. In the first place, for the lamp to burn clear and steady, the oil should be of a good quality (cocoa-nut is the best), and the air-holes in the rim at the bottom must be freed from dirt and all impurities, so that a current of air can pass through the centre of the wick. Pour out the remaining oil, and, having wiped the lamp carefully, examine that all the parts are in their proper places ; and by turning the wick up and down, see if it is sufficiently long to last the time required for its burning ; if not, replace it with a fresh one ; then re-charge the lamp with oil and replace the chimney and shade, when it is fit for use. Common oil is sometimes burnt in

these lamps, but the light is never bright, and much smoke is given out. In cold weather, cocoa-nut oil must be warmed previous to being put into the lamp; this should be done as short a time before lighting as convenient. When necessary to wash the shade and bottoms, use lukewarm water, with a little soap, and carefully wipe them with a soft dry towel. With the suspension lamp, that is raised or let down by a chain and pulley, be guarded in holding the bottom firm whilst the lamp is being removed, to check its suddenly running up with a jerk from the force of the balance weight, and never leave the bottom and globe of the empty lamp with the chain drawn down to its full extent, as the corresponding weight of the lamp to the balance weight above being wanting, the least motion will cause the lamp so suddenly to rise as to throw the glass part out of the rim, and break the whole. Servants should have this explained to them, as well as not to rub off the bronze from the pedestal. Wicks can easily be made from the upper part of a cotton stocking, should the supply run short, and others be not immediately procurable.

#### LAMP-CLEANING.

In trimming the moderator lamp, let the wick be cut evenly all round, as if left higher in one place than it is in another it will cause it to smoke and burn badly; the lamp should then be filled with oil from a feeder, and afterwards well wiped with a cloth or rag kept for the purpose. Small sticks, covered with wash-leather pads, are the best things to use for cleaning the glasses inside, and a clean duster for polishing the outside. The globe of a moderator lamp should be occasionally washed in warm soap and water, then well rinsed in cold water, and either wiped dry or left to drain. When candle lamps are used, take out the springs occasionally, and free them well from the grease that adheres to them.

## CLARK'S LAMP.

Cut the wick as even as you can with the top of the inner tube, but do not cut all the black part off, as this wastes the wick, and makes it more difficult to re-light. The wick is put on with a cotton-stick like all ordinary lamps. Fill the lamp every time it is burnt, as the wick should be well saturated. Light the lamp with a lucifer or splint of wood. Do not put the chimney on till the wick is alight all round. The wick-holder cannot be improperly fixed, as there is only one way of doing it. The small cup that is screwed on at the bottom of the burner catches the overflow. The lamp need not be cleaned for years, and without occasioning trouble, it will constantly give a beautiful light.

## ARMENIAN CEMENT.

Soak isinglass in water until it is soft; then dissolve it in rectified spirit; in two ounces of this dissolve gum galbanum, or gum ammoniac, of either ten grains; add five or six large tears of mastieh reduced to a liquid state by rectified spirit. The cement must be kept closely stopped, and, when wanted for use, melted by putting the bottle in some warm water. Used for broken glass and china, and resists moisture very well.

## CHINA CEMENT

For broken glass, china, or stone-ware. Beat a small quantity of quick-lime into the finest powder; sift it through a muslin cloth, and having smeared the parts to be joined with white of egg, dust the powder over this, and unite the edges.

## ANOTHER CEMENT.

Take very fine white lead paint; unite the broken particles with this, and keep them in their position with slips of adhesive plaster spread on cloth; when the paint is perfectly dry, the united parts will be found as strong as ever, and the slips of plaster may be removed.

## WILSON'S CEMENT FOR STONE, &amp;c.

Take two quarts of tar, with two ounces of grease ; boil these in an iron vessel for a quarter of an hour ; prepare some slacked lime and finely-pounded glass ; pass each separately through a fine sieve, and mix in the proportion of two parts of lime to one of glass ; a sufficient quantity of the boiled tar is now to be added to this mixture to render it of the consisteney of thin plaster. Small quantities only of this cement should be mixed at a time, as the cement hardens so speedily that it is too hard for use. This composition has the quality of being imperviable to wet or dampness of any kind.

## ANOTHER, FOR ALABASTER, MARBLE, PORPHYRY, &amp;c.

Take two pounds of bees' wax and one of gum resin, and melt them together ; then strew in a pound and a half of the substance to be joined, reduced to an impalpable powder ; mix and stir the mass well together ; as soon as it is cool enough, it must be well kneaded and worked in water, so that the whole of the ingredients may be well incorporated. When the cement is to be applied, it must be heated, as must also the edges or sides of the material to be joined, which likewise must be perfectly dry.

## CRACKS IN CHUNAM ROOFS.

Where the cracks are not too wide and deep, they are better filled up with dammer than chunam, as the last continually separates as it dries ; whereas dammer, if not made brittle, and poured along the openings hot, will last for years, and the roof remain waterproof. It is made of rall, a gum resin dissolved in a sufficient quantity of common oil ; a small portion of tar or wax may be added, to keep the dammer rather soft than otherwise, as it adheres to the chunam better ; in the rains it is hard. Put the ingredients into an iron or copper vessel (an earthen one



is dangerous) over a fire, and stir it until the resin is dissolved. This must be done in the open air, in case of boiling over or taking fire. Then fill the cracks with this liquid, and the work is finished. This dammer, when made without the tar, may be used for covering the corks of bottled ale, &c.

#### BLACKING.

Four ounces of lampblack, two ounces of treacle or jaggery, a tea-spoonful of diluted vitriol, half an ounce of sweet oil, a wine-glass of vinegar, and a pint of beer or water; mix the oil and treacle and lampblack together, so as to form a paste; add the vitriol, then by degrees the vinegar and water.

#### ANOTHER WAY.

Take two quarts of stale beer, half a pound of ivory-black, three ounces of treacle, half an ounce of gum arabic, one ounce of sweet oil, one ounce of brown sugarcandy, and half an ounce of diluted sulphuric acid; mix up the oil with the ivory-black and treacle; warm the beer, in which dissolve the gum and sugarcandy; stir up all together, and finally throw in the diluted sulphuric acid. which will produce a fermentation, and cause an amalgamation of the whole.

#### JET POLISH FOR BOOTS, SHOES, OR HARNESS.

Four ounces of clear glue, logwood chips half a pound, finely-powdered indigo a quarter of an ounce, the same of soft soap and isinglass. Boil these ingredients with a quart of vinegar and one pint of water for ten minutes after the ebullition begins; then strain the liquid when cold, and it is fit for use; remove all dirt from the boots or leather, and lay on the jet with a sponge or rag.

#### FRENCH POLISH.

Rectified spirits of wine one quart, seed lac two ounces, shell lac one ounce, gum sandarach one ounce, gum copal

and camphor, of each one ounce; pound the gums, and put the whole into a stone bottle; cork it securely, and place the bottle in hot water, shaking it often till all be dissolved. A very small quantity is to be applied at a time, and only a small surface covered with the liquid, and that is rubbed off immediately; a little more is then applied, which is also rubbed off, and this is repeated till the desired polish is attained; the rest of the table or other furniture is treated in the same manner till the whole surface is polished.

#### POLISH FOR FURNITURE.

Grate a quarter of an ounce of white soap, put it into a new earthen vessel with a pint of water, hold it over the fire till the soap is dissolved; then add three ounces of bees' wax and half an ounce of white wax, cut into small pieces; as soon as the whole is incorporated, it is fit for use. When used, clean the furniture well; dip a bit of flannel in the varnish when warm, and rub it on the furniture; let it stand a quarter of an hour, then apply a hard brush in all directions, and finish with a bit of clean dry flannel or coarse woollen cloth.

#### TO CLEAN CHINA AND GLASS.

Take fuller's earth or prepared chalk, reduce it to an impalpable powder, then form into a thin paste with water; apply it to the glass or china with a soft cloth, let it dry, and then rub it off.

#### TO CLEAN CASKS.

Wash your casks with water till all the impurities are removed; for each pipe take one pound of chloride of lime, with fifteen quarts of water; throw the whole into the cask, and shake it so as to affect every part, then wash it out several times with fresh water. The smell of the chloride of lime will pass off in a few hours.

The most effectual way to sweeten a tainted cask is to have the hoops removed, before cleaning it, by a cooper.

## GERMAN POLISH.

To two ounces of yellow bees' wax put half an ounce of black resin, melt it in an earthen pipkin, and add by degrees one ounce of spirits of turpentine.

## TO TAKE RUST OUT OF STEEL.

Cover the steel well with sweet oil, and let it remain for a couple of days ; then use unslacked lime finely powdered, and rub with it until all the rust disappears.

## TO REMOVE INK OR STAINS FROM TABLES.

Wash the spot with diluted sulphuric acid or muriatic acid with a feather ; do not let it remain long, or it will leave a mark ; rub it quick with a piece of rag ; and when the stain is removed, drop a little sweet oil on the part, and give it a polish.

## TO CLEAN DISH COVERS.

Every article of this description, whether of block tin or queen's metal, should first be washed and dried, then rubbed with pounded whiting or fine chalk mixed with a little oil ; after which wipe it clean, dust some of the dry powder in a muslin bag over it, and polish with a dry soft cloth or leather.

## TO CLEAN PLATE.

The best material for cleaning plate is finely-powdered whiting or prepared chalk. The plate should be constantly washed with soap and water, or occasionally boiled in water in which brown soap has been dissolved, then wipe it clean with a cloth ; a brush may sometimes be required to remove any tarnish between the fluting or crevices, and if any dark spots remain, smear them with a little pounded whiting mixed with spirits of wine, gin, or turpentine ; let it dry, then brush it well off, after which polish with a soft dry leather. Plate that has long lain by, if treated in this manner, will resume its original polish immediately ; always after being

used it should be washed clean, then rubbed with a soft leather and a little of the powdered whiting or chalk.

#### SCOURING DROPS.

Mix with two ounces of rectified spirits of turpentine two drachms of either of the following essential oils : cloves, cinnamon, or lemon. Rub a little on stains of silk, woollen stuffs, or linen, with a bit of soft cloth or old cambric ; it will also remove the stains of paint, pitch, or oil, without taking out the colours.

#### TO PRESERVE WOOLLEN CLOTHS FROM INSECTS.

Frequent airing is indispensable, therefore shake and place them out occasionally in the sun ; then brush them well before either laying in the drawer or chest ; fold amongst them dried neem leaves, peppercorns, butch, camphor in small bags, or bitter apple. Furs should have pounded black-pepper well dusted amongst them.

#### TO EFFACE SPOTS OF GREASE FROM SILKS.

Hold the part firmly to prevent the silk from being creased ; then, with a clean soft white cloth, or an old cambric pocket handkerchief, rub the spot very briskly, but not with sufficient violence to fray the silk ; change the positions of the handkerchief frequently ; in the course of a minute or two the spot will entirely disappear.

#### TO REMOVE WAX STAINS FROM CLOTH.

The stains may be instantaneously and entirely removed by laying over them a fold or two of dry blotting-paper, and applying for a moment the pressure of a moderately hot iron ; or hold a hot iron or poker within an inch or so of the cloth, and the wax will immediately be attracted to it ; then rub the spot with a piece of cloth or brown paper to remove any mark that may remain.

## DR. TRAILL'S INDELIBLE AND UNCHANGEABLE INK.

Knead a small mass of dough underneath a little stream of water for some time, until it has parted with all the starch it contains, and only a sticky mass remains in the hands. The more carefully this is done, the more pure the gluten will be. To ten parts of pyroligneous acid add half a part of gluten ; put the whole into a covered vessel, and submit it to a gentle heat for twenty-four hours, when a solution of the gluten will be effected, and a saponaceous fluid remains. Procure some of the finest lampblack, and to every twelve grains add one ounce of the fluid, rubbing it quite smooth in a pestle and mortar : the addition of a little bruised allspice, cloves, or cinnamon gives the liquid an agreeable aroma. This ink, if exposed to the sun and air, only becomes of a more intense black.

## MARKING INK.

Lunar caustic two drachms, distilled or rain water six drachms, gum water two drachms ; wet the linen where you intend to write with liquid pounce ; dry it, and write upon it with a clean pen.

## LIQUID POUNCE.

Sub-carbonate of soda one ounce, water a pint, colour with a little sap green or gamboge. If potash is used instead of soda, the ink will spread.

## METHOD OF USING POUNCE AND THE INK.

Wet a spot with the pounce large enough for the name or initials ; set it to dry, either by the fire or in the sun ; when it feels stiff, rub it well with the smooth handle of a knife, or the stopper of a bottle ; shake the ink, and, as the articles are marked, lay them in the sun to dry, taking care that the writing does not touch any other part of the cloth, otherwise it will stain it indelibly.



## NATIVE MARKING INK.

The acrid juice between the outer and inner shell of the cashue nut, if written with on linen, stains it a dark brown, as will the milky juice from the tree. The natives also use the juice of the marking nut (the *Betarvine*).<sup>\*</sup> The part of the cloth to be written on is first covered with rather a thick paste of chunam, and then rubbed off, after which the juice contained in the cells of the nut is used as ink.

## VARNISHING PENCIL DRAWINGS.

A clean solution of isinglass in water, or the white of an egg well beaten up, will answer the purpose; great care is requisite when laying it on.

## FOR PRESERVING LEATHER.

Linseed oil three pints, bees' wax twelve ounces, pounded rosin four ounces, fir rosin two ounces; melt; add neat's-foot oil two pints, and oil of turpentine one.

## ANOTHER WAY.

Oil of linseed one pound, yellow wax and common turpentine each two ounces, Burgundy pitch one ounce; melt in an earthen vessel.

## ANOTHER WAY.

Oil of linseed one pound, suet eight ounces, yellow wax six ounces, yellow rosin one ounce; melt in an earthen vessel.

## DRYING OIL FOR PAINT, &amp;c.

Linseed oil is to be preferred, but most other vegetable oils will answer. To every quart of oil add half an ounce of pounded vetrified oxide of lead (moordar sing); boil this for a short time, and stir it well; let it stand to cool and settle; strain it off from the sediment at the bottom, which is composed of the fatty part of the oil; when quite clear, it is fit for use, either to mix with paint or other purposes. This

<sup>\*</sup> *Semecarpus Anecardium*.

paint will dry in twenty-four hours. The oil if put on cloth of a close texture, will render it nearly water-proof; added to pounded chalk or whiting, it makes excellent putty for windows, &c.; if mixed with mutton suet and a little wax (melted over a fire) to the consistence of thick cream, it will be found a most excellent composition for softening leather, and preserving it against heat and rain.

#### BOOTS AND SHOES, WATER-PROOF.

Take bees' wax, turpentine, and Burgundy pitch, of each two ounces; melt these in a pint of drying linseed oil, and rub the leather with this composition in the sun or near the fire until it is well saturated.

#### CARPETS.

If made of wool or cotton, should never be laid down on a floor, without a coarse cloth underneath that has been well soaked in a solution of corrosive sublimate; the quantity of water to one pound is about three gallons. White ants, which are so destructive to carpets, will seldom go near this, or cloth dyed with indigo.

Oil floor-cloth, if laid on a chunam or stone floor, the least damp soon decays, unless a matting or other substance is placed beneath it. To clean: scrub with a brush, soap, and water.

#### GLUE.

A strong glue for veneer work or other purposes is made by dissolving isinglass in spirits of wine and brandy, in the proportion of an ounce to a pint of spirit. The isinglass must be chopped up very fine, put into a bottle with the spirits, and dissolved in boiling water over the fire; when required at any time, a moderate heat will liquify it and render it transparent.

#### TO BOTTLE BEER.

First take care that your bottles are all washed clean and dried on a rack, the corks good and in proper order (all

worm-eaten, decayed, or knotty ones must be rejected) ; wash them well in lukewarm water, then put them into fresh, and they are fit for use ; be careful that they are of the proper size. The cask of beer having been put on a stand, with a slight tilt forwards, and had time allowed to settle (a few days is quite sufficient), introduce the tap at the bottom, which has been previously bored and stopped with a cork ; then with a gimlet make a hole in any part of the cask near the bung, and stop it up with a wooden peg that can be moved at pleasure, for admitting the air into the cask, and facilitating its passing through the tap. All being ready, draw of a little first into a jug, and in this dip the ends of each cork as your bottles are filled, previous to corking them ; when the whole is finished, tie the corks down with string, and dip the top in prepared boiling dammer, or fine chunam ; this is done with the view of securing them from ants and destructive insects. The beer will be fit to drink in three or four months.

#### ANTS, RED OR BLACK, TO DESTROY.

After having discovered the aperture of their nests, surround it with soft clay formed into the shape of a funnel, and pour in boiling water.

Where they are in the habit of infesting a floor or room, lay down thin slices of raw meat or liver, upon which the ants will soon congregate ; let a person go about with hot water in a basin, and throw in the meat as it is covered ; then shake it dry, and put it down again to collect more.

To prevent ants getting on a table, teapoy, bed, &c., tie round the lower end of the leg or post a thin slip of flannel dipped in castor oil—they will not pass over this ; or place the legs in pans of water.

#### WHITE ANTS

Are the most destructive of all the insect tribe infesting a house, destroying the thickest rafters, furniture, books,

papers, cloths, and goods of all descriptions, which they completely perforate. At the commencement of the rains, they quit their reptile state, become winged insects, and make their appearance a little after dusk, when they are very troublesome, covering everything with their wings, which fall off, and leave their bodies without the power of moving. A light in the room attracts them, and if they cannot be shut out, the best way of decoying them from the table is to have the lights removed to one side at a distance, and place near it a basin of water, in which most will be taken. Poultry are very fond of them; and in some parts of the coast, Mysore and the Carnatie, they are an article of food among the lower castes, and sold fried in the bazars. The only effectual method of getting rid of a nest is to excavate it and destroy the queen ant; and unless you get hold of her, you may continue to kill the rest by myriads daily without success. She is known from her size, being from two to three inches long, and proportionately large.

To secure boxes from their depredations, the best plan is to place them on glass bottles laid lengthways, and if kept free from dust they cannot ascend. They have a great dislike to indigo, and will seldom touch cloth dyed in it or saturated in a solution of corrosive sublimate; the proportion of one pound to four gallons of water is sufficient. They also dislike salt, which may be mixed up with the mud or gober that is sometimes spread over the floor or wall; though this is not an effectual remedy, it is as well occasionally to adopt it.

#### BUGS, TO DESTROY.

Wash every part, crevice or corner, where they can be secreted, with a strong solution of alum water, boiling hot, of the strength of as much pounded alum as the water will dissolve: this is an effectual remedy. Or wash every part of the bedstead or furniture with a strong solution of cor-

rosive sublimate, or dissolve the sublimate in spirits of turpentine, with the addition of water. It is almost impossible to prevent these insects from getting into your beds and furniture where there are native servants in attendance; the utmost cleanliness is requisite, by continually taking down the curtains, removing the bedsteads out in the sun, and pouring boiling water all over such parts as the insects can harbour in.

If the bugs are in the walls of the house or anywhere else about, you may prevent them getting up the posts of the bedstead by placing each leg in a vessel or tin saucer filled with wood ashes from the kitchen; they will not pass over this, and for children's cots nothing can be better. It is preferable to water, as the clothes from the bed may fall into it and get wet; besides, domestic animals often lap the water, and servants forget to see that the pan is filled again. Never allow the dhobees to lay out the clothes on the bed when they bring them home from the wash, as they may have some of these insects amongst them.

#### RATS, TO DESTROY.

Cork cut into thin slices and fried in fat, then placed where they are in the habit of frequenting, will greedily be devoured by them and cause their death.

Unslacked lime in powder, if placed around their holes, will also destroy them, by sticking to their feet, which they lick off, and then die.

Field rats may be destroyed by having dried chillies mixed with hay, and put into a common chatty in which a hole is made at the bottom; then light the grass or hay, and turn the mouth close over the rat-hole; a person should then blow through the hole in the chatty, which will drive the smoke into their burrows and suffocate them. Previous to doing this all means of egress by other holes



must be stopped up, or else chatties similarly prepared applied to them at the same time.

Arsenic and coarse meal-flour mixed in the proportion of three or four grains to an ounce of meal will greedily be devoured by them; but it is necessary to feed them two or three times with plain meal first. Or else take some split horse gram (chunnah) that has been soaked in water and become soft; sprinkle a little sugar over it, and then some arsenic; mix it well together, and place it for the rats; this is a bait they will seldom refuse, especially if they inhabit the stable or out-houses. Care must be taken that it is never placed in the way of poultry, sheep, or goats.

#### TICKS ON DOGS.

These vermin may be easily removed by rubbing the dog's ears, or wherever they have fixed themselves, with sweet or castor oil. Fleas will not remain on dogs or animals that have powdered butch rubbed over them, or if washed with an infusion of the same; rubbing them with train oil is also an effectual remedy.

#### TICKS ON POULTRY

May be removed in the same manner; indeed it is very necessary if you find your poultry moping about to have them examined to see if these vermin are not the cause; fowls die in numbers from being covered with ticks. Some soil is particularly favourable to them, and you can only preserve your poultry by removing them away.

#### FLEAS, TO DESTROY.

Sprinkle the room with a decoction of bitter apple or wild indigo leaves; fumnigate with burnt thyme or brimstone, and have the rooms continually swept and cleaned. Pounded butch, or an infusion, if sprinkled about, is also a remedy, and may be applied to animals infected with them.

## FLIES, TO DESTROY.

Boil half an ounce of quassia chips in a quart of water and sweeten it well with sugar, let it cool, and strain it ; put this in plates or saucers about the room.

## TO DRIVE FLIES FROM A ROOM.

Take a table-spoonful of finely-ground black pepper, the same quantity of sugar or syrup ; mix this in half a tea-cup of milk ; put it about the plates or saucers where the flies are most numerous. But the most effectual method of keeping them out of the house or room is to have chicks to the doors and windows, and let them remain down during the day.

## EYE FLIES.

These little insects are very troublesome to persons reading, working, &c. Chicks to the doors and windows prevent their entrance into a room. Curled slips of paper or cotton thread suspended to the wall-shades will attract them, where, if undisturbed, they remain. It is said that they have a great aversion to the milk-hedge, also to the ghee-gowar, a small spotted green and white aloe-looking plant, which, if hung about the room, they will not enter ; this practice is adopted by the natives.

## BANDOLINE FOR THE HAIR.

Soak half an ounce of quince-seed (behdana) in a pint of hot water all night ; then strain through muslin, adding a few drops of essence of bitter almonds or any other scent ; cork it well, for if left exposed to the air it soon spoils ; to make it keep, a wine-glass of spirits of wine should be added after straining.

## BALDNESS.

To restore hair on any bald surface of the head, it is necessary that the system be brought into a healthy condition,

when either of these three stimulating applications may be used with every probable chance of success :—

No. 1.—Make a pomatum of hogs' lard, blending with it as much tincture of cantharides, of treble the usual strength, as it will take up. When used, it should be applied twice a day, by rubbing it on the bald part for five or six minutes, and continued even after the head becomes sore.

No. 2.—Take two drachms of pounded sulphate of copper (blue vitriol), and dissolve in one ounce of brandy or spirits of wine ; rub this on the part two or three times a day.

No. 3.—Take half an ounce of oil of cloves or cinnamon ; add four ounces of spirits of wine ; apply this to the part, or all over the head if the hair is falling off.

A strong solution of cloves may be made by first bruising them a little, then put them into a stopper bottle, and cover with spirits of wine or French brandy ; place this out in the sun for a day or two ; strain and use it.

#### TO PROMOTE THE GROWTH OF HAIR.

The seed of the moringah or horse-radish tree, when ripe, yields an oil equal to any known for this purpose ; and if coloured and scented, will be found to compete with the far-famed Macassar.

Shaving the head strengthens the hair, and causes it to grow thicker, and even sometimes to curl ; or else rub well into the roots of the hair freshly-expressed almond or cocoanut oil, scented with any essence that may be most agreeable.

To wash the hair, use soft soap and lukewarm water with ground chunnah flour (native name, *basun*). The hair is first to be washed with soap and water, then the chunnah flour, made into a thin lather or paste with water between the palms of the hands, and rubbed on the head, after which it must be washed off with fresh water, and the hair well dried. The natives use the rhita or soap-nut (*supindussa ponaria*).

## JET BLACK DYE FOR THE HAIR.

Take thirty tolahs weight of manjoo phul (*gall-nut*), fifteen of huldah (*ball hurrah*) of the small description; roast each separately in *tilly* oil (*gingilie*), and pound it very fine; take one tolah of pitkuree (*alum*); roast it on an iron pan, and add to it one tolah of nowshagur (*sal ammoniac*); mix and grind both with one masha of nulah thothau (*verdigris*), and two tolahs of the finest copper filings; mix the whole well together, and make into a paste with aoonla water (*phyllanthus emblica*), which is prepared by soaking the fruit in hot water for a couple of hours.

Form the mass into large-sized pastiles or balls, and when required grind up one with some aoonla water, and apply it over night to the hair.

*Obs.*—This has none of that purple tinge peculiar to other native dyes.

## COLD CREAM.

Take oil of almonds two ounces, white wax and spermaceti one drachm, and melt in any clean vessel, and, while cooling, mix in by degrees two ounces of rose or half an ounce of orange-flower water; or take three ounces of oil of almonds, spermaceti half an ounce, white wax a quarter of an ounce; melt these over the fire, and pour it into a warm glass or marble mortar, and mix in by degrees as much orange-flower or rose water as it will take up.

## MILK OF ROSES.

Take prepared kali six grains, oil of almonds one ounce, essence of bergamot two drachms, rose-water three ounces, orange-flower water two drachms; mix the whole well together.

## TO MAKE POMADE.

One pound of fresh beef marrow, one quart of best Lucca oil, and one ounce of cold-drawn castor oil. Melt the marrow in steam, strain it and let it stand till cold, then turn it out

on a napkin and squeeze out every particle of moisture that may remain ; melt it again in steam, mix the eastor oil and sweet oil, leave it open for a few days, then scent it with oil of bitter almonds and bergamot, a tea-spoonful of each, and bottle it in small stopper bottles for use. It keeps for a year.

#### ANOTHER WAY.

Two ounces of beef marrow, two ounces olive oil, one ounce and a half of honey, half an ounce of Jamaica rum, and two yolks of eggs, all separately mixed ; scent with lemon.

#### LIP SALVE.

Take oil of almonds, spermaceti, white wax, and pounded sugar-candy equal parts ; mix these together, and melt over a slow fire ; a little powder of alkanet root, or eochineal, may be added to colour it.

#### TOOTH POWDER.

No. 1.—Take common close-grained charcoal ; pound it very fine, and sift through muslin ; add a little salt ; or roast the betel-nut until it has become charcoal, then grind it up fine, and add some salt. This is a great favorite with the natives.

No. 2.—Take powdered cascarilla bark one ounce, cream of tartar half an ounce, mix both well together, and use as any other dentrifice.

#### PINK DYE FOR SILK STOCKINGS.

Safflower ( washed ) two draehms, sub-carbonate of potash eighteen grains, spirits of wine three tea spoonsful, distilled or rain water four table-spoonsful ; put into a stopper bottle, and digest the whole for four or six hours in the sun, then add distilled vinegar or lemon-juice by degrees until reduced to a fine rose colour. The native practice is to use a little red cotton in the water, after the stockings are washed with a little lime-juice.



## TO WASH SILK STOCKINGS.

First wash the stockings in soap and water to remove the dirt, then rinse them in clean water and wash them again with soap; make a soap liquor, and colour with pink dye or a little red cotton (be careful not to put too much); if the latter is used, add a little lemon-juice to fix the colour; lay the stockings in this, then take them out and wring them, and set them to dry; place a blanket on the table and lay the stockings smooth upon it, and rub them well with a flannel on the right side until smooth and shining.

Or take the bruised capsules which cover the soap-nut (native name, *ricah*), and stir them in hot water until a sud or froth is formed; wash the stockings in this instead of soap, rinse them in clear water, then put them into the colouring liquid, and treat them as last directed.

## TO WASH SILKS OR DAMASK.

Bruise some *ricah*-nuts, and soak them in warm water to soften; then rub them between the hands until a lather is formed; pour the froth and liquid into tepid water, and wash the silk in it, using soap to any part that is very dirty; when clean, rinse the silk in some weak lime-juice and water; take it out and wring it gently, then hold it at each end, and swing it in the air until partially dry; lay over a clothes'-horse a table-cloth or sheet, and place the silk upon it, then rub it with a soft cloth or towel gently down until nearly dry.

Silk stockings or gloves may be cleaned in the same way, only adding a little colouring dye to the lime-juice and water. Colonred dresses, furniture chintz, &c., should be washed in cool water alone; but if the colour is likely to fly, a little of the froth of the soap-nut must be added.

When silk stockings are new, and not to be coloured, a little stone-blue should be put into the last liquid; and when wrung and partially dried, they must be stoved with brim-

stone, and afterwards dressed upon a wooden leg (the outside of each stocking being face to face), and rubbed dry with a piece of flannel.

To give all silks after washing the lustre they originally possessed, they should be bleached by exposure to the fumes of sulphur, a small quantity being thrown over a dish of hot charcoal, and the silk exposed to the fumes in an enclosed place.

#### TO WASH NET, COTTON STOCKINGS, &c.

Make a thin lather of soap or the ricah-nut, and boil the stockings or gloves in it; then take them out, and rinse in cold water; let them once more be boiled in a lather, and rinse them again; by this means all injury by rubbing is avoided.

#### TO WASH COLOURED MUSLIN DRESSES.

Take out the gathers at the top of the sleeves and at the waist; wash the dress in the usual manner in cool water with soap or a lather made from the ricah-nut; then rinse it and roll it smoothly in a sheet or other cloth, and set it to dry.

#### ENGRAVINGS.

You might perhaps restore some of your apparently ruined stock of plain engravings by laying them in a bath of chloride of lime and water, then in clean water. This is a course adopted by English print-cleaners, and removes all stains and slight mildew. Ink must be first removed with oxalic acid, the stains left will give way to chloride of lime. The proper strength and time of treatment are matters of experience.

It was noticed long ago, by soap and alkali manufacturers, that the caustic alkalies, soda or potash, protected iron or steel from rust. Professor F. Crace Calvert has just now communicated to the Manchester Literary and Philosophical Society an account of some "experiments on the oxidation

of iron." The results at which this chemist arrives are important. First, the carbonates of potash and soda possess the same property of protecting iron and steel from rust, as do those alkalies in a caustic state. If an iron blade is half immersed in a solution of either of the above named carbonates, it exerts so protective an action that the portion of the iron which is exposed to the influence of the damp atmospheric air does not oxidize even after a period of two years. Similar results have been obtained with sea water, to which have been added the carbonates of potash or soda. The applications of this fact are numerous and important.—*Athæneum*, Feb. 18, 1871, p. 213.

#### BITE OF A DOG.

When there is any suspicion regarding the dog, the removal of the injured part by the knife or actual cauterization should be immediately resorted to; or the bitten part must be destroyed to the bottom by repeated applications of caustic, and then the wound covered with a poultice, and suffered to heal by granulation. If it should so happen that the wound or bitten part is so situated as not to admit of excision, scarify the part, and bathe it with a weak solution of volatile alkali, in the proportion of one part of the alkali to four of water; after having washed the wound for some considerable time, it may then be touched with caustic. If after the accident any time has elapsed, the wound must be kept open for two or three weeks, or even longer.

#### BITE OF A VENOMOUS SNAKE.

First apply a ligature or bandage tightly a few inches above the part bitten, and wind it round the limb till it is brought near the wound, when either suck the wound or apply a cupping-glass, cut out the part with a knife, or burn it with a hot iron, or apply lunar caustic, or wash the parts bitten with cau-de-luce or spirits of hartshorn; at the same

time give the patient a tea spoonful of spirits of sal volatile, or half a tea-spoonful of eau-de-luce in a claret glass of water, or camphor and ammonia, with cayenne pepper.

If liquor arsenicalis is procurable or at hand, give one drachm, with ten drops of tincture of opium, a table-spoonful of lemon-juice in sufficient peppermint or strong brandy and water to fill a wine glass, and repeat this every half hour until improvement takes place, when a purgative should be administered, the wound well fomented with warm water, and a poultice of mashed boiled carrots and onions applied to the part.

A bottle of Maderia may be taken in draughts at a few minutes' interval, or any equally large dose of strong spirituous or fermented liquor; keep the patient walking about, and do not allow him to lie down to sleep.

Should the wound exhibit numerous punctures in two parallel lines, it may be considered that the snake was harmless; but when there are only two small punctures thus (.), they are most probably inflicted by a poisonous one.

*Obs.*—Poisonous snakes have conical tubular fangs, but only one row of teeth on each side of the upper jaw, while the harmless tribe have *two*. Also in the former the scales decrease in size as they approach the head, while the reverse is the case in the latter.

#### CURE FOR STING OF A SCORPION OR BITE OF A CENTIPEDE.

Apply a ligature above the part, if possible making a strong pressure over it with a watch-key, or cut down on the spot and apply lime-juice and salt, or a warm poultice of ipecacuanha powder, or the root of a thistle ground, and rubbed into a paste and smeared over the wound, or lint dipped in hartshorn or eau-de-luce, and, if the pain continues, a glass of brandy taken occasionally will relieve it. A remedy lately recommended is to drop a little pounded burnt alum into the eye.

## CURE FOR SCORPION STINGS.

“Cut an onion in half, and rub it on the wound, and all pain will be removed in less than half an hour.” The gentleman who lays down this remedy says that he cured eight cases in this manner during the rainy season of 1870.

## TO REMOVE THE STING OF A WASP OR BEE.

First examine and see if the sting remains in the wound ; if so, remove it with a lancet or needle ; then wet the part, and rub a piece of indigo upon it ; this will relieve the pain at once. Or rub one drachm of pure opium, with one ounce of sweet oil ; cover a bit of lint with this, and lay it on the wound, repeating it occasionally.

## MUSQUITO BITES,

Or less properly the sting of these gnats, are attended with a high degree of itching and inflammation, so much so, that persons cannot refrain from scratching, by the constant repetition of which a sore is produced, particularly with those of a robust and full habit.

To allay the itching in the first instance, wet the part either with eau-de-cologne, sal volatile, lime-juice, salt and water, or a solution of opium and water ; but if ulceration has taken place, a poultice may be necessary ; or keep the sore bathed with goulard extract, sufficiently diluted, in the proportion of a tea-spoonful to a pint of water.

Olive oil is also a useful external application.

## BURNS AND SCALDS.

Bladders arising from burns or scalds must never be cut or opened. In all accidents of this nature, it is necessary to employ an immediate remedy, such as immersing in cold water, or surround the parts with fine cotton and apply a bandage over the whole ; spirits of turpentine is also a useful remedy ; the sore to be kept constantly wet by soaking lint or rag in it, and applying to the part : this is an effectual



remedy. Or take equal parts of lime-water, linseed, olive or castor oil, and mix together; smear this over the burn or scald, applying the same frequently.

#### OINTMENT FOR DRESSING BURNS.

Yellow basilicon one ounce and a half, spirits of turpentine three ounces; mix and dress the parts occasionally.

#### LIME-WATER.

Take fresh-burned lime eight ounces, pour upon it a gallon of boiling water, cover up close, and when cold keep the whole in a glass bottle; pour it off clear when wanted.

#### TO DESTROY BAD SMELLS.

Chloride of lime destroys all bad smells; four ounces mixed with two quarts of water and sprinkled about, or even allowed to remain in an open vessel, will remove all disagreeable smell from a room or house. Where this is not procurable, and a drain or any chunam reservoir has become tainted, sprinkle over it a little fresh lime, and then saturate it with water, when it may be washed off. Vinegar sprinkled over lighted charcoal in a room is also a great purifier.

#### GUINEA-WORM.

While the tumour is in a hard state, apply a warm poultice twice a day, made of the pounded leaves of the prickly pear, until it breaks, and the head of the worm protrudes so far as to be laid hold of with ease, either by a piece of cotton rolled up like a quill, or by a thin bit of bamboo with a slit in it, so as to hold the end fast; this, as it advances, is to be daily twisted gently round until the whole is extracted, which will be greatly facilitated by pouring cold water above the part; whilst the worm is being twisted, no force is to be used; when the worm can be drawn, do not apply the poultice again until the next attempt at removal is made.

## TAPE-WORM.

Take two ounces of the fresh bark of the root of the pomegranate tree, and make a decoction by boiling it in a pint and a half of water till but three-quarters of a pint remains; of this, when cold, a wine-glassful may be drank every half hour till the whole is taken. This quantity occasionally sickens the stomach a little, but seldom fails to destroy the worm, which is soon after passed.

## CASTOR OIL.

This may easily be prepared at home, and will be found equal to cold-drawn. Clean the nuts free from all husks, then bruise them in a mortar to a paste, and put it into cold water with a proportionate quantity of cocoa-nut juice, and boil till the oil is extracted, when strain through a fine cloth or filtering paper.

## COCOA-NUT OIL TO PURIFY.

Put the dubber or vessel out in the sun if in cold weather and throw into it a handful of coarse-pounded salt; let it remain a few days, and pour it off carefully, without disturbing the sediment.

## RHEUMATISM.

A simple native remedy for sub-acute rheumatism consists in giving lime-juice three or four times a day, in quantities of about one ounce; this to be continued for four or five days.

## REMEDY FOR DIARRHŒA.

A simple remedy in cases of diarrhœa will be found in tincture of catechu half an ounce, compound spirits of sulphuric ether fifteen drops, of which thirty or forty drops are to be taken in a wine-glass of bael sherbet three or four times a day. If attended with severe pains in the stomach, a dose of castor oil, with from ten to fifteen drops of laudanum, often proves salutary.

## WALLACE'S CHOLERA MIXTURE.

For a full-grown robust man or woman, one tea-spoonful of red pepper, one tea-spoonful of black, two tea-spoonsful of strong decoction made of cloves, cinnamon, and cardamoms; the above to be put into a large-sized claret-glass, to which add sixty drops of laudanum; then fill the glass three-quarters up with brandy or arrack, and then fill up the glass to the top with boiling water, to which add some grated nutmeg. The above dose to be divided into two equal parts; one to be given, and if retained, which generally it will be, no more need be given; but if rejected, the rest to be given; should this likewise be vomited, a second dose to be similarly prepared and administered. Hot bricks to be applied to the chest, stomach, arms, legs, and feet; the patient to be kept as warm as possible; the following morning a dose of castor oil to be given.

To a person between twelve and twenty years of age, two-thirds of the peppers, laudanum, and spirits to be given, but the same quantity of the decoction, and the glass to be filled up with hot water.

To children between three and twelve years of age, half or quarter, according to the age of the child, of the peppers, laudanum, and spirits, with one tea-spoonful of the decoction, the glass as before to be filled up with hot water; this last to be divided into three equal parts, and administered as directed for others.

After the dose, if retained, the patient will complain of excessive thirst and a burning sensation in the intestines; this is almost a certain indication of recovery, but nothing whatever should be given either to allay the one or palliate the other, till four or five hours after the castor oil has ceased purging. Mulligatawny, made strong with pepper and chillies, should be given, and this continued for several days. To a European, young and robust, the whole wine-glass to be given at one dose, if he is very bad with cholera.

Where the spices cannot be procured, a strong decoction of ginger will answer the purpose.

The following instructions for the treatment of cholera were issued by the Medical Board in Bombay during the year 1845:—

*Bleeding.*—This may be employed if the pulse be easily felt and cramps be very severe, but in no case when the pulse is almost gone and cramps are not present.

*Mixture with Opium.*—Of this a dose suited to the commencement of the treatment, and if the purging continue it may be repeated once.

*Pills.*—One is to be given to an adult, and half a pill to a person fifteen years old, to check vomiting if the mixture be rejected; and for three quarters of an hour after taking the pill, nothing is to be swallowed. No pill is to be given to a person under fifteen years of age.

*Mixture without Opium.*—Of this a dose suited to the age is to be given regularly every hour, or two hours after purging and vomiting have been checked by the preceding medicines, until the pulse improves and the skin becomes warm.

*Cholera Mixture with Opium.*

Solution of Ammonia	.	.	.	.	9½	drachms.	} Mixed.
Essence of Peppermint	.	.	.	.	5	"	
Tincture of Opium	.	.	.	.	19	"	
Brandy	.	.	.	.	19 ounces and 6½	"	

*N.B.*—Of this mixture, one ounce contains 47½ minims of tincture of opium, and ten minims contain almost one minim of the tincture.

*Cholera Mixture without Opium.*

Solution of Ammonia	.	.	.	.	1	ounce.	} Mixed.
Compound Tincture of Cinnamon	.	.	.	.	1¼	"	
Water	.	.	.	.	21½	"	

*N.B.*—Of this mixture, one ounce contains 20 minims of the solution of ammonia, and 25 minims contain 1¼ minims of the solution.

*Cholera Pills.*

Extract of Opium . . . . 36 grains.

Powder of Black Pepper . . . . 48 "

Mix and divide into 24 equal pills.

*N.B.*—Each pill contains  $1\frac{1}{2}$  grains of opium.

## DOSES.

*Cholera Mixture with Opium.*

Dose at adult age, one ounce or two table-spoonsful in water.

16 years, half an ounce or one table-spoonful.

8 " 99 minims or 180 drops.

4 " 40 " " 80 "

2 " 20 " " 40 "

10 " 10 " " 20 "

To persons above eight years, these doses may be repeated once only if no pill shall have been given; and to persons below eight years, a half dose only may be given, if the first dose shall have been insufficient to check vomiting and purging.

*Cholera Mixture without Opium.*

Dose at adult age, one ounce or two table-spoonsful in as much water.

16 years, half an ounce or one table-spoonful in water.

8 " quarter " " two tea-spoonsful in water.

4 " 60 drops in a little water.

2 " 30 " " "

1 " 15 " " "

These doses may be repeated every one or two hours after vomiting and purging have ceased, until the pulse improves and the skin becomes warm.

Hot bricks, or bags of hot sand, or bottles of hot water wrapped up in cloth, are to be applied along the spine and to the legs; the legs and arms being at the same time constantly rubbed.

*Drink.*—The patient is not to be allowed the free use of water, as drinking it will keep up vomiting, and prevent the medicine being retained; a spoonful only of conjee, or water with a little brandy, may be given now and then.

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## CHAPTER XXVIII.

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### OUT-DOOR ECONOMY.

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#### THE STABLE, FARM, AND POULTRY YARD.

##### THE HORSE.

To keep a horse in proper working condition, he ought to have at least a three-mile canter every other day. If, from not being able to give him this exercise yourself, or not having a person to ride for you, this is impossible, he should be walked at a slapping pace, not the lazy, lurching walk which the horse-keeper always allows the horse, when led, to indulge in, for at least an hour and a half of a morning, and an hour in the evening.

If the horse-keeper can ride at all, it is better to allow him to mount the horse with a snaffle bridle, and take him at a good walk for the same period. Do not trust the horse-keeper with a curb bit; and when he returns, if you want to preserve your nag from getting a sore back, be particular yourself in examining the saddle place for any galls or lumps that may have arisen. Horse-keepers never will tell you of these slight accidents, which taken in time are trifles, but if allowed to go on overlooked for some days may prove a serious nuisance. A pad of numdah, cut to fit beneath the saddle, will mostly prevent this occurring; the application of salt and water is generally all that is requisite for removing excoriations when only of a simple nature; at the same time the saddle should be fresh eased and padded as soon as it begins to be of the least inconvenience to the horse.

On his being brought home, he is to be well rubbed down, and water given him. Then the feet and legs are to be well washed in warm water; each leg to be washed half-way up the cannon bone, and dried separately. Horse-keepers are invariably careless unless well looked after, and wash all four legs at once, leaving three wet while they are drying one. This produces cold and swelling of the legs constantly, and is likely to bring on thrushes in the feet. His grain is now to be given him, and about half an hour after some more water offered, and his grass given.

It is better to give all the grass you intend giving the horse between nine and twelve o'clock at once, as he can then select the best himself; about half past twelve o'clock water is to be again given, and at one o'clock the mid-day feed. After this half of the remaining grass is to be given. At four o'clock the stall should be swept, the horse rubbed down and taken out to his evening exercise. On returning, he is to be again slightly rubbed down and cleaned, and evening's water given; then the evening's feed and the rest of his grass. If the horse is a greedy one, and inclined to eat his bed, he must have a muzzle put on about ten o'clock. Then leave him for the night perfectly undisturbed.

To keep your horse in regular working condition, the times of feeding should be equally divided as convenience will permit; and when it is likely that the horse will be kept longer than usual from home, the nose-bag should invariably be taken. The stomach of a horse is small, and consequently emptied in a few hours; and if suffered to remain hungry much beyond his accustomed time, he will afterwards devour his food so voraciously as to distend the stomach, and endanger an attack of staggers.

As herbage, green and dry, constitutes the principal part of the food of the horse, it is very seldom regarded with the attention necessary. The quantity of dry huryalah grass

sufficient for an Arab of 14 hands is generally from twelve to fourteen pounds daily, but this must depend of course on his size ; it should, when cut, be well washed, then spread out in the sun to dry for three or four days before being given to the horse. Where the horse is fed on green grass, the usual method is to keep a man to bring it daily, which he cuts and digs up with a portion of the roots ; this is washed and brought home every evening, and in its wet state forms a bundle as much as he can well carry ; and if given to the horse in such a state, can never be so wholesome as if dried previously ; it should always be kept upon a stand, and given to the horse in small quantities. Hay ought to be cut soon after the rains, when full of its juices and before the seed falls ; it is then in its most nutritive state. The grass cut late in the season merely fills the stomach, affording scarcely any nourishment ; hence the necessity, when laying in a stock, to examine the quality before purchase, as old hay is dry, tasteless, innutritive, and unwholesome. Horses, like all other domestic animals, are fond of salt, and it is a good practice to sprinkle the hay with water in which salt has been dissolved, or to suspend a lump of rock-salt near the horse, where he can at pleasure lick it ; there can be no doubt that salt very materially assists the process of digestion.

#### LUCERNE,

When it can be obtained, is extremely advantageous for bringing a horse into condition ; it is easy of digestion, and speedily puts muscle and fat on a horse that is worn down by labour, and is almost a specific for hide-bound. A horse must not have too much given to him at once, as it is apt to make him refuse his other grass or hay. Kirby or cholum (the stalk of the jawaree) is, when chopped up, an excellent dry food for feeding and bringing a horse into condition. It should be cut coarse, and put in a manger or rack-stand, thus

enabling the horse to feed at leisure; and as it takes time for mastication, the stomach becomes more gradually filled, and the increased quantity of saliva necessary for its amalgamation softens, and makes it more fit for digestion.

#### CARROTS,

Being procurable in abundance for several months after the rains, may be given either to strengthen the horse, or for his recovery if sick. To the healthy horse they should be given sliced with finely-chopped kirby, half-a-dozen pounds being an ample allowance. Stewart says of them, in his "Stable Economy":—"This root is held in much esteem. There is none better, nor perhaps so good; when first given, it is slightly diuretic and laxative; but as the horse becomes accustomed to it, these effects cease to be produced. They also improve the state of the skin; they form a good substitute for grass, and an excellent alterative for horses out of condition. To sick and idle horses they render corn unnecessary, they are beneficial in all chronic diseases connected with breathing, they are serviceable in diseases of the skin, and have a marked influence upon chronic coughs and broken wind."

#### GRAM.

The quantity of gram necessary for an Arab of 14 hands averages about three seers or more daily; the gram should be ground slightly and soaked for not more than a few minutes. Of course, a horse of 15 hands will require an extra seer or more, but it entirely depends upon the work he has to do; if he is hunted every other day, or otherwise daily worked, four seers will not be at all too much. If the gram is not ground, it will require a little longer soaking.

#### COOLTIE

Is given in the same quantity, but requires previous boiling. Horses unaccustomed to this grain, and its mode of

preparation, refuse it at first, but soon take to it like other food.

*N.B.*—A seer is two English pounds weight.

#### THE STABLE

Should be large enough, of course, to accommodate the number of horses it is destined to contain; and as in India all stables, except for racing, are generally open, I shall merely describe the length and breadth necessary for a stable, which is amply sufficient if ten or twelve feet in breadth, and fourteen in length. The open face of the stable must depend on circumstances; and if it is thought necessary to have any apertures for increased circulation in the surrounding walls, they should be as far above the horses as they conveniently can, to prevent all injurious draughts of air falling upon them. Racks are useful in a stable to keep the hay or grass clean, and prevent its being mixed with the litter. In some stables where the horse is allowed to run loose, enclosed by a high partition from his neighbour, and bars in front, a rack is generally made in one corner, with a wooden trough on the other side for giving him his gram, cooltie, or other food, though more commonly the nose-bag is used; this is either made of leather or strong coarse canvas.

When horses are fastened in a stable by halter and heel-ropes, consequently almost always standing in the same place, it is essentially necessary that a pit made of brick or stone where the horse stands should be sunk, with a sloping gutter running underneath the ground work of the stable, for the urine to pass off; the surface must be covered over, either with a large stone having holes in it for the purpose, or else boards at such intervals of distance as will admit of the urine passing through into the pit or drain. It is well known that the urine of a horse contains a large proportion of ammonia, and that the vapour given out rises soon after the horse has staled, which is in itself injurious in a close



stable, as is the case in large towns and the presidencies : this mixing also with other matter of an offensive nature, must affect the health of a horse ; hence the necessity of its being removed, and keeping the stable amply supplied with fresh air.

In a warm climate like India, where the stable is confined, ventilation is essential ; if this is not attended to, the air becomes empoisoned, and the health of the animal must suffer. " In England it is thought that the majority of the maladies of the horse, and those of the worst description, are directly or indirectly to be attributed as much to a deficient supply of air, as to hard work and bad food ; and to prevent any accumulation of foul air, it is necessary that the dung and urine of the horse should be immediately removed, to prevent fermentation and its evolving unwholesome vapour."

#### LIGHT.

Indian stables, away from the presidencies, are, from their construction, seldom deficient here. Horses kept in dark stables in England are frequently notorious starters, and it is probable that even the horse fastened in the stable, with a dark wall in front, may have his vision affected by it ; the colour should never be glaring, neither should it be white, especially if the sun shines into the stable, it being as injurious to the eye as sudden changes from darkness to light.

The colour therefore should depend upon the quantity of light, and therefore the best colour is perhaps a grey or light brown, easily effected by the simple native process of gobering. Hence dark stables are unfriendly to cleanliness. the frequent cause of the vice of starting, and of serious diseases of the eyes.

#### GROOMING.

It is to the stabled horse, highly fed and irregularly worked, that grooming is of so much importance. Good rubbing with the brush or the curry-comb opens the pores of the skin, circulates the blood to the extremities of the

body, produces free and healthy perspiration, and stands in the room of exercise. No horse will carry a fine coat without either unnatural heat or dressing; they both effect the same purpose by increasing the insensible perspiration, but the first does it at the expense of health and strength, while the second, at the same time that it produces a glow on the skin and a determination of blood to it, rouses all the energies of the frame; and a fine coat should only be produced by good cleaning, and not by warm clothing or stimulating spices, though a horse just landed from a ship will benefit much by having stimulants mixed with his gram, such as black pepper and salt, for a time.

A horse must be dressed regularly every day, in addition to the grooming that is necessary after work. If he has been driven, he should be walked gently about, without removing the pad or harness, the traces being unbuckled and removed, or turned up so as not to trail on the ground. If ridden, he should be walked with the saddle on, but the girths loosened, and the stirrups secured high up, to prevent him from getting his feet into either of them. When the horse is moderately cooled, he is to be taken to his stall, and well hand-rubbed and shampooed till dry: his grass or other food may then be given him. The curry-comb should be at all times lightly used: even the brush need not be so hard, or the points of the bristles so irregular as they often are. A hair cloth made like a bathing-glove, or of coir, is all that is necessary with horses of a thin skin, and this latter is often used by the natives. There is nothing after all like good hand-rubbing, and to this the Indian horse is accustomed. The only thing is to see that the horse-keeper does his duty as he ought; but if not looked after, this is not always the case.

#### WATER.

The difference between hard and soft water is known to all persons; and a horse, if he has a choice, will always take

running water in preference to that from a well, though the latter be clearer : hard water makes the coat stare, and not unfrequently gripes and otherwise injures him. An Arab horse seldom takes any injury from satiating his thirst at pleasure,—that is, if he has the opportunity ; on a journey a horse should be liberally supplied with water ; when he is a little cooled, two or three quarts may be given to him, and after that his feed ; before he has finished his gram, two or three quarts more may be offered. He will take no harm if this is repeated three or four times during a long and hot day. An Arab horse enjoys bathing as much as a human being ; and when you have an opportunity of indulging him with a bath in a clear running stream at noon during a hot day, it is most healthy.

The Indian horse-keepers are much in the habit of washing a horse in the morning ; this is all very well if he is not required for work immediately, and can be well dried and groomed after ; but if it is only done to save trouble of hand-cleaning, the sooner it is put a stop to the better, and it should seldom be allowed in the rains, except in the middle of the day.

#### BRAN,

Or the ground husk of wheat, is usually given to sick horses on account of the supposed advantage of relaxing the bowels ; but it must not be constant or even frequent food, as it produces indigestion from its accumulation in the large intestines. Bran is useful as an occasional aperient in the form of a mash, but never should become a regular article of food.

*Obs.*—For the assistance of persons whose horses may meet with accidents usual in a stable, desirous to know the treatment immediately necessary in the easiest and commonest forms, and where professional advice is not directly at hand, I have selected from “ White,” and “ The Horse,” a few remarks and prescriptions, and added to these some of my

own, which may serve our purpose in a general work on Domestic Economy.

#### BROKEN KNEES.

The first thing to be done is to remove carefully all extraneous matter, washing the wound clean with warm water, and taking care that no gravel or dirt remains. If the joint is penetrated, a poultice must be first applied ; this will prevent or reduce inflammation. If the joint has been opened, the orifice must be closed, and every attention paid to prevent the escape of the fluid which lubricates the joint, by the application of a compress enclosing the wound, and which must not be removed for some days. If it be a deep or extensive wound, goulard poultice is to be applied twice or thrice a day, taking care to keep it constantly moist, when in two or three days a white healthy matter will appear, and the poultice may be discontinued and simple dressing applied; but should the wound put on an unhealthy appearance, and the matter become fetid and smell offensively, add some pounded charcoal finely sifted through muslin to the poultice, and continue this until a healthy action has taken place ; but in all cases where the disease is of a severe or unusual character, the assistance of a veterinary surgeon should be immediately sought, or the best works on the subject consulted.

Where there has been only a partial abrasion of the skin, carefully washing the part, and applying a little simple ointment, with about one-eighth part mercurial, will be found all that is necessary. To promote the growth of the hair, the part may be rubbed with any simple ointment containing a small portion of stimulating matter, either in the shape of turpentine or blistering fly ; a solution of blue vitriol and brandy is perhaps the best application to all bald surfaces where the roots of the hair still remain.

#### BRUISES.

In recent bruises, fomentations are the most essential remedies ; and if extensive, with inflammation, it is advisable to

bleed moderately near the affected part; and should any hard eallous swelling remain in eonsequeene, rub well into the part, twiee or thriee a day, some of the embroeations mentioned for bruises.

#### BLEEDING.

This operation is performed either with a laneet or fleam. The latter is the most common instrument, and safest in an unskilful hand. A laneet with a spring has long been invented by Mr. Weiss, in the Strand, by which a noviee may bleed safely from the jugular or smaller vein.

“ For general bleeding, the jugular vein is usually selected. The horse is blindfolded on the side on which he is to be bled, or his head turned well away; the hair is smoothed along the course of the vein with the moistened finger, then with the third and little fingers of the left hand, which holds the fleam, pressure is made in the vein, suffieient to bring it fairly into view, but not to swell it too much, for then, presenting a round surfaee, it would be apt to roll or slip under the blow.

“ The point to be selected is about two inches below the union of the two portions of the jugular at the angle of the jaw; the fleam is to be placed in a direct line with the course of the vein, and over its preeise eentre, as elose to it as possible, but its point not absolutely touching the vein; a sharp rap with the blood stiek or the hand on that part of the baek of the fleam immediately over the blade will cut through the vein, and the blood will flow. A fleam with a large blade should always be preferred; for the operation will be materially shortened, which will be a matter of some eonsequeene with a fidgetty horse, and a quantity of blood drawn speedily will have far more effect on the system than double the weight slowly taken, while the wound will heal just as readily as if made by a smaller instrument. A slight pressure, if the ineision has been large enough and straight, and in the middle of the vein, will eause the blood to flow



sufficiently fast ; or the finger being introduced into the mouth, between the tusks and grinders, and gently moved about, will keep the mouth in motion, and hasten the rapidity of the stream by the action and pressure of the neighbouring muscles.

“ When sufficient blood has been taken, the edges of the wound should be brought closely together, and so kept by a sharp pin being passed through them ; round this a piece of twine, tow, or a few hairs from the mane of the horse should be wrapped so as to cover the whole of the incision, and the head of the horse tied up for several hours, to prevent his rubbing the part against the manger.

“ Few directions are necessary for the use of the lancet. Those who are competent to operate with it will scarcely require any. If the point be sufficiently sharp, the lancet can scarcely be too broad-shouldered, and an abcess lancet will generally make a freer incision than that in common use.”

#### ADMINISTERING PHYSIC.

A horse should be carefully prepared for the action of physic.

Two or three bran-mashes given on that or the preceding day are far from sufficient. When about to give physic to a horse, whether to promote his condition, or in obedience to custom, mashies should be given until the dung becomes softened ; a smaller quantity of physic will then suffice and it will more quickly pass through the intestines, and be more equally diffused over them. Five drachms of aloes, given when the dung has thus been softened, will act much more effectually and much more safely than seven drachms when the lower intestines are obstructed by hardened fæces.

On the day on which the physic is given, the horse should have walking exercise, or may be gently trotted for a quarter of an hour, twice in the day ; but after the physic begins to work, he should not be moved from his stall. Exercise then

would produce gripes, irritation, and possibly dangerous inflammation. The common and absurd practice is to give the horse most exercise after the physic has begun to operate.

A little hay may be put into the rack ; as much mash may be given as the horse will eat, and as much water with the coldness of it taken off as he will drink. If, however, he obstinately refuses to drink warm water, it is better that he should have it cold than to continue without taking any fluid ; but he should not be allowed to take more than a quart at a time, with an interval of at least an hour between each portion. A table-spoonful of pounded black salt mixed with the horse's gram, and given morning and evening for a few days, will act as a mild aperient, and generally be found sufficient to keep him in good health and condition.

#### CLYSTERS

May be used either for the evacuation of the bowels, or for soothing or nourishing a horse. Where a regular machine is not procurable, a large bladder with a wooden pipe may be used, or a kid skinned without perforating it is an immediate substitute even for the bladder. The principal art in administering a clyster consists in not frightening the horse. The pipe, well oiled, is to be very gently introduced, and the fluid not too hastily thrown up, and the heat should be as nearly as possible that of the intestines, or about 96° of Fahrenheit's thermometer.

#### APERIENT CLYSTER.

Two ounces of soft or yellow soap dissolved in a gallon of warm water ; for a more active aperient, eight ounces of Epsom salts, or even of common salt, dissolved in the same quantity of water. If nothing else can be obtained, warm water may be employed.

If an injection of a soothing nature is required, it may consist alone of plain congee (rice water); but if a purging be great or difficult to stop, add four ounces of prepared or pounded chalk to the congee, made thicker with two scruples or a drachm of powdered opium.

#### FOMENTATIONS.

Open the pores of the skin, promote perspiration in the part, and so abate the local swelling, relieve pain, and lessen inflammation. They are rarely, if ever, continued long enough; and when they are removed, the part is left wet and uncovered, and the coldness of evaporation succeeds to the heat of fomentation. The perspiration is thus suddenly checked, the animal suffers considerable pain, and more injury is done by the extreme change of temperature than if the fomentation had not been attempted.

Fomentations may be made by boiling neem leaves, poppy heads, and marsh mallow roots to a strong decoction, and then applied; even boiling water is useful.

#### MASHES

Are made by pouring boiling water on bran, and stirring it well, and then covering it over until it is sufficiently cool for the horse to eat. They are very useful preparations for physic, and they are necessary during the operation.

A stale mash should never be put before a horse, as it soon turns sour.

#### MANGE

Is purely a local disease, and arises from bad feeding and little attention being paid to the animal; it is contagious, and may therefore attack horses in good condition.

#### CURE FOR MANGE.

Fig leaves beat to a pulp, and soaked one night in tyre (butter-milk), will, in three applications, cure the most inveterate state of this disease.

## LAMPAS.

When the bars or roof of the horse's mouth near the front teeth become level or higher than the teeth, he is said to have the lampas, and feeds badly in consequence.

Some burn down the part with a red-hot iron; but the best practice is to make a few incisions across the bars with a penknife or lancet, not too deep, and rub the parts with a little salt; this will cause the swelling to subside, and relieve the inflammation.

## POULTICES

Are fomentations of the best kind, continued much longer than a simple fomentation can be. The moisture and warmth are the principal use of the poultice, and that poultice is the best for general purposes in which moisture and warmth are longest retained. A poultice, if applied to the legs, should never be put on too tight, so as to prevent the free circulation; or too hot, so as to give pain and increase inflammation.

The best poultices are made from coarse wheat flour and linseed meal, onions or carrots boiled and mashed. Bran is objectionable from its becoming soon dry.

## SADDLE GALLS

Are inflamed tumours produced by the unequal pressure of the saddle, and if neglected, often become troublesome sores, and are a considerable time in healing. As soon as a swelling of the kind is observed, cold lotions should be applied, and kept constantly wet; or if matter is formed, it must be opened and let out, and poultices applied. Should a hard swelling remain after the inflammation is in a great measure reduced, recourse must be had to a blister, and after dress with simple ointment. In the first instance of a gall being discovered, a strong solution of salt and water will be generally sufficient. The saddle must be looked at, and the stuffing renewed.

## GRIPES, OR SPASMODIC COLIC.

The attack of this disease is always sudden, and proceeds from various causes,—sometimes from drinking a large quantity of cold water when the body has been heated, and the blood accelerated by violent exercise. In horses of a delicate constitution, that have been accustomed to warm clothing and a hot stable, it may be brought on by drinking very cold water, though they have not been previously exercised. Bad hay is another cause of the complaint; but it frequently occurs without any apparent cause. Colic sometimes follows the exposure of a horse to the cold air or a cold wind after violent exercise.

The symptoms are, first, the horse begins to shift his posture, look round at his flanks, paw violently, strike his belly with his feet, voids small quantities of excrement, and makes frequent and fruitless attempts to stale; lies down, rolls, and that frequently on his back. In a few minutes the pain seems to cease, the horse shakes himself and begins to feed, but on a sudden the spasm returns more violently, every indication of pain is increased, he heaves at the flanks, breaks out into profuse perspiration, and throws himself more violently about. In the space of an hour or two, either the spasms begin to relax, and the remissions are of a longer duration, or the torture is augmented at every paroxysm, the intervals of ease are fewer and less marked, and inflammation and death supervene. A powerful remedy is three ounces of oil or spirits of turpentine, with an ounce of laudanum, mixed with ghec or oil. If relief be not obtained in half an hour, the horse should be bled freely, as far as three quarts, as it may relieve or mitigate inflammation, and a clyster given, composed of congee (rice water), with a handful of common salt. If it be a clear case of colic, half of the first dose may be repeated with an ounce of Barbadoes aloes dissolved in a little warm water. The belly should be well



rubbed by two persons, one on each side, and the horse afterwards walked about or trotted moderately.

When relief has been obtained, the horse must be rubbed dry, plenty of litter given him to rest upon, and have bran mashes for the next two or three days.

As the treatment for colic would be fatal in inflammation of the bowels, the distinguishing symptoms are here given:—

*Colic.*

Sudden in its attack.

Pulse rarely much quickened in the early stage of the disease, and during the intervals of ease, but evidently fuller. Legs and ears of the natural temperature. Relief obtained from rubbing the belly.

Relief obtained from motion.

Intervals of rest.

Strength scarcely affected.

*Inflammation of the bowels.*

Gradual in its approach, with previous indications of fever.

Pulse very much quickened, small, and scarcely to be felt.

Legs and ears cold.

Belly exceedingly tender, and painful to the touch.

Motion increasing the pain.

Constant pain.

Rapid and great weakness.

The causes of inflammation are, most frequently, sudden exposure to cold, over-feeding, having been some hours without food, and then allowed to drink freely of cold water; stones in the intestines are an occasional cause, and colic, neglected or wrongly treated, will terminate in it.

The treatment must be early, and copious bleeding, application of blisters to the abdomen, or else mustard embrocation assiduously rubbed upon it; and if the horse is costive, a pint of castor oil mixed in congee must be administered by a clyster, and his legs well rubbed by the hand, and plenty of litter for the animal to lie down. If, after these remedies have been applied, the disease appear to continue in violence, the pulse become quick, weak, and fluttering, so as scarcely to be felt; or if there appear a remission or cessation of pain, or the horse become delirious, these are always fatal symptoms, denoting that mortification is taking place; but should the pain continue after the above remedies have been fairly tried, an anodyne clyster may be injected.

## SPLINTS

Are bony excrescences about the shank bone,—*i. e.*, between the knee and fetlock joint. They never occasion lameness, unless situated so near the knee, or back sinews, as to interfere with their motion, and are invariably found on the outside of the small bone, and generally on the inside of the leg.

The treatment is simple:—Shave the hair closely off round the tumour; rub in a little strong mercurial ointment for two or three days, and follow it up with an active blister: sometimes a second may be necessary.

Or cut off the hair on and round the splint, and apply a poultice made as follows:—Take some Bengal gram pounded to a flour; mix with water, and make a cake about half an inch thick, and sufficiently large to cover the splint and surrounding parts; put it on a piece of tin over a charcoal fire; and when heated, keep sprinkling on to the cake flour of *asafoetida* till the cake will absorb no more; should the cake not absorb the *asafoetida*, drop a little oil on to it. When the cake has fully absorbed as much as it can, apply it warm to the splint, *asafoetida* side, and bandage comfortably. Fresh poultice, as above, morning and evening. The splint will be dissolved in the form of matter which will appear on the cake on removal (after it has been applied several times); on the disappearance of the splint, discontinue the poultices, and apply a light blister.

## COUGH.

A rupee's weight of pounded turmeric, mixed with sufficient brandy to make a ball, to be given in the morning the first thing for three days, and in the evening before cantering.

## SORE BACK.

Take a good-sized brinjal; boil in arrack; divide in half, and soak in the arrack. Apply the soft side warm to

the sore place morning and evening, washing the sore with warm water between the applications.

#### THRUSH

Consists in a discharge of fetid matter from the cleft of the frog. When the frog is in a sound state, the cleft sinks but a little way into it; but when it becomes contracted, the cleft extends in length, and penetrates to the sensible horn within; from this fissure the thrushy discharge proceeds. When the complaint attacks the fore-feet, it is seldom an original disease.

The treatment consists in, first, removing every part of the loose horn, and keeping the frog moist, and introducing as deeply as possible a pledget of tow or lint covered with an ointment composed of one ounce of blue and white vitriol rubbed down, with two pounds of simple ointment or lard, to which is added one of tar, at the same time giving the horse a gentle laxative, and nothing is better than a table spoonful of pounded black salt, morning and evening, mixed with his gram. When the disease exists in the hind-feet, the same attention is necessary, keeping the bowels moderately open, and applying the astringent ointment. This treatment will be assisted by gentle exercise and frequent hand-rubbing to the legs.

#### WORM IN THE EYE.

A horse will sometimes take to starting, or the ghora-wallah may bring him to you, saying that "he has a worm in his eye," when, on examination, you will perceive a small one actively moving and darting about within the aqueous humour. This can only be got rid of by its removal—a simple operation. The horse must be carefully thrown, and the head firmly held down by an assistant, with the affected eye uppermost towards the operator, who makes a pressure with the forefinger of his left hand on the inner side of the ball

of the eye, so as to keep it steady, when, with a lancet in the other hand, immediately the worm appears near him, a puncture is made into the chamber of the aqueous humour; and as the water escapes, the worm will come away with it. The after-treatment, if the horse be in a healthy condition, is very simple, merely requiring the eye to be bandaged, and the animal prevented from disturbing it by rubbing or otherwise. In a few days the eye will assume its usual appearance. A veterinary surgeon or an experienced farrier had better be employed to perform the operation, which in their hands is very simple.

#### WORMS.

There are three kinds found in the horse; the most mischievous reside in the stomach and are named bots; they attach themselves to the stomach at the sensible part, and do great injury, occasioning emaciation, a rough staring coat, hide-bound, and a cough.

*2nd.*—A long white worm, much resembling the common earth-worm, six to ten inches long, which inhabits the small intestines; a dose of physic will sometimes remove incredible quantities.

*3rd.*—A smaller dark-coloured worm, called the needle-worm, inhabits the large intestines; they cause great irritation about the fundament, and are very troublesome to the horse. Their existence may generally be discovered by a white powder found about the anus. They may be removed by an injection of linseed oil, or an ounce of aloes dissolved in warm water.

#### *Cure for long White Worms.*

White Arsenic . . . . .	5 to 8 grains.
Cantharides, finely powdered . . . . .	6 to 10 „
Sulphate of Iron, finely powdered. . . . .	1 to 2 drachms.
Ginger Powder . . . . .	1 drachm.
Tartarized Antimony . . . . .	1 „

To be given with his gram for a fortnight; mix with the powder a little boosah.

*Purgative Balls.*

No. 1.	No. 2.
Barbadoes Aloes. . . . 5 dr.	Barbadoes Aloes . . . . 7 dr.
Prepared Natron . . . . 2 „	Castile Soap . . . . $\frac{1}{2}$ oz.
Aromatic Powder . . . . 1 „	Powdered Ginger . . . . 1 dr.
Oil of Carraways . . . . 10 drops.	Oil of Carraways . . . . 10 drops.
Syrup enough to form a ball for one dose.	

## No. 3.

Barbadoes Aloes . . . . 1 oz.	Aromatic Powder . . . . 1 dr.
Prepared Natron . . . . 2 dr.	Oil of Anise Seed . . . . 10 drops.
Syrup enough to form a ball for one dose.	

*Tonic Balls.*

Yellow Peruvian Bark . . 6 dr.	Powdered Opium . . . . $\frac{1}{2}$ dr.
Cascarilla . . . . . 1 „	Prepared Kali . . . . . 1 oz.
Syrup enough to form a ball for a dose.	

*Cordial Balls.*

No. 1.	No. 2.
Cummin Seed, Anise Seed, and Carraway Seed, of each 4 oz.	Grains of Paradise . . . . 1 oz.
Ginger . . . . . 2 „	Cassia . . . . . $\frac{1}{2}$ „
Treacle enough to make it of a proper consistence for balls. The dose about . 2 „	Cardamom Seed and Saffron, of each . . . . . 2 dr.
	Liquorice dissolved in White Wine . . . . . 4 oz.
	Syrup of Saffron enough to form a mass. The dose about . . . . . 2 oz.
No. 2.	No. 4.
Anise Seed, Carraway Seed, Sweet Fennel Seed, and Liquorice Powder, of each 4 oz.	Powdered Ginger . . . . 4 oz.
Ginger and Cassia, of each . $1\frac{1}{2}$ „	Powdered Carraway Seed, Oil of Carraways, and Oil of Anise Seed, of each . . . . . 2 dr.
Honey enough to form them into a mass. The dose about . . . . . 2 „	Liquorice Powder . . . . 8 oz.
	Treacle enough to form a mass.
No. 3.	
Cummin Seed, Coriander Seed, and Carraway Seed, of each . . . . . 4 oz.	

*Embrocation for Bruises.*

No. 1.	No. 2.
Camphor . . . . . $\frac{1}{2}$ oz.	Tincture of Cantharides . . 1 oz.
Oil of Turpentine . . . . 1 „	Oil of Origanum . . . . 2 dr.
Soap Liniment . . . . . $1\frac{1}{2}$ „	Camphorated Spirits . . . 6 „
Mix.	Mix.



*Mustard Embrocation.*

No. 1.	No. 2.
Muriate of Ammonia . . . 1 oz.	Camphor . . . . . 1 oz.
Distilled Vinegar . . . . 8 „	Spirits or Oil of Turpentine . 2 „
Spirits of Wine . . . . . 6 „	Water of Ammonia. . . . 2 „
Mix.	Flour of Mustard . . . . 8 „

To be made into a thin paste with water, and rubbed for a considerable time on the part.

*Blistering Ointment.*

No. 1.	No. 2.
Spanish Flies, powdered . . $\frac{1}{2}$ oz.	Oil of Turpentine . . . . 1 oz.
Oil of Turpentine . . . . . 1 „	To which add gradually
Ointment of Wax or Hog's	Vitriolic Acid . . . . . 2 dr.
Lard . . . . . 4 „	Hog's Lard . . . . . 4 oz.
Mix.	Spanish Flies, powdered . 1 „

## No. 3.

Common Tar . . . . .	5 oz.
Vitriolic Acid . . . . .	$\frac{1}{2}$ dr.
Oil of Origanum . . . . .	$\frac{1}{2}$ oz.
Hog's Lard . . . . .	2 „
Spanish Flies, powdered . . . . .	$1\frac{1}{2}$ or 2 „

Add the Vitriolic Acid gradually to the Tar, and then the rest of the ingredients.

*Alterative Ball.*

Socotrine Aloes . . . . .	1 oz.
Castile Soap . . . . .	$1\frac{1}{2}$ „
Powdered Ginger and Myrrh, of each . . . . .	$\frac{1}{2}$ „
Syrup enough to form a mass to be divided into six balls.	

## LOTIONS.

The strength of these often require to be altered. When the inflammation and irritability of the part are considerable, they must be diluted with an equal quantity of water; but if the inflammation be subdued, and a swelling and ulceration remain, the alum solution cannot be made too strong.

*Astringent Lotion.*

No. 1.	No. 2.
Alum, powdered . . . . . 1 oz.	Alum, powdered . . . . . 4 oz.
Vitriolic Acid . . . . . $\frac{1}{2}$ dr.	Vitriolated Copper . . . . $\frac{1}{2}$ „
Water . . . . . $\frac{1}{2}$ pint.	Water . . . . . $1\frac{1}{2}$ pints.

## No. 3.

Sugar of Lead . . . . .	4 oz.
Vinegar . . . . .	6 "
Water . . . . .	$\frac{1}{2}$ "

TREATMENT OF AUSTRALIAN HORSES IMPORTED  
INTO INDIA.

The following is an extract from a memorandum recently drawn up by Colonel Angelo, which contains some practical suggestions that may be useful to purchasers of Australian horses :—“Horses bought shortly after being landed should be put on bran for a couple of days, as the rapid changing of their long coat and the difference of diet tend to produce weakness and indigestion. On the third day, one seer of finely-ground gram and four seers of the best and sweetest bran may be given; and on the fourth, two seers of gram and three of bran. They should also have good sweet hay, and, if possible, a small quantity of dried Australian Lucerne grass. Careful watering is likewise indispensable; and if the animals are to be sent up-country by rail, their shoes should be taken off, and the hoof filed round to prevent its breaking. Care, too, must be taken that they are not suffered to fast during the journey. They should be watered before they are boxed, and a mixture of gram, bran, and chaff placed in the troughs. Should the journey be a lengthened one, horses should be watered at least four times a day, but somewhat sparingly to guard against colic, and fed three times—early in the morning, at noon, and again about five or six in the afternoon. Chaff should be freely mixed with the gram, but of hay only a small quantity at a time should be put into the troughs, as otherwise it will be pulled out, trampled upon, and wasted; the troughs, however, should never be quite empty. If a horse fall sick and feverish, and lose his appetite, while the legs show a tendency to swell, the safest course is to give him every six hours a bolus composed of camphor 6 drachms, nitre 2 drachms, and tartar

emetic 1 drachm, mixed up in glycerine or butter. Or a bolus may be made of camphor 6 scruples, carbonate of ammonia 2 scruples, and nitre 2 drachms. In either case the animal should be allowed only bran and Australian Lucerne grass. For colic  $1\frac{1}{2}$  drachms of camphor, made up with common ointment or butter, may be safely and successfully exhibited. No purgative medicines, however, should be administered, under any circumstances, to a horse whilst journeying by rail. Proper ventilation is a point of great importance. Not only should the windows of the doors be kept open, but during each halt the side-screens and the doors themselves should be opened as long as possible, while the use of blankets is to be avoided. On being taken out of the train, horses should be walked about very gently for a quarter of an hour, and then well rubbed down with dry straw or hay, their legs well hand-rubbed—in short, thoroughly groomed. If they have had no water for the last three hours, it must be given at once. For twenty-four hours after a long journey, no horse ought to be permitted to march, but gently exercised, and afterwards supplied with good bedding, and suffered to roll about as much as it pleases. The blankets, folded in four, should now be placed over the loins with the padded roller, and warm bran mash provided with the least possible delay. On the first day, each animal should be allowed three seers of bran and two of gram; but on the following day and subsequently, three seers of the latter, to two of the former. On the slightest symptom of fever or influenza, a fever-ball must be immediately administered. The first march should, of course, be a short one, and the animals slowly led along, the syces being positively forbidden to mount them."

#### COWS.

The best cows in Western India are the Guzerati; in the South, the Mysore and Nellore; and in the Upper parts,

the Nagore; the general time of calving being at the commencement of and during the monsoon. The Guzerat cows, when in full milk, after calving, give from five to six seers daily, for the first three or four months, if fed with gram and green grass;\* the Nellore cow about half the quantity; and the common country cow seldom more than two or three seers, and generally not more than one, from which the calf must have its share. Few country cows will give any milk if the calf is taken from them. It depends upon the constitution of the cow how nearly she may be milked to the time of her calving,—also on the quantity and cost of feeding. When pasturage is abundant, the best way is to keep such a stock of cows as will enable you to have a succession in milk. The expense of tending them out grazing is the same for a dozen as a couple, a man being required to milk, feed, and pen up the calves morning and evening.† The quantity of gram to be given to each cow daily must necessarily depend upon her milk. For a common country cow, half a seer soaked at each milking is sufficient; double the quantity will be required for a Nellore or Guzerat cow. In selecting a cow for purchase, the natives give preference to those with fine thin skin, good-looking udder (not depending on the size), and long thin tails. Colour is a matter of no consequence; of course, if the cow does not promise from her appearance, when in full calf, to give a fair share of milk, no one would think of becoming a purchaser. The price of a good Guzerati cow is from thirty to seventy rupees or more, the Nellore probably not quite so much, and a country cow

\* The natives seldom, if ever, give gram to their cattle, and previous to calving, oord is the principal grain given; also tour, chunnah, and others that are cheap. The oord is first boiled, and then mixed with oil—say one-fourth of a seer of oil to one seer of oord, and this is given to a cow, and twice the quantity to a buffalo.

† At all the towns and villages there are herdsmen who collect and take out the cattle to feed of a morning, and bring them back in the evening, charging from two to eight annas per head a month.

from five to fifteen rupees. It is necessary that a cow should be fed while being milked, so as to induce her to give it down freely; the natives generally allow the calf to suck at the same time; before the cows are milked, the teats should be washed and wiped. The milk of some cows yields more cream than that of others. The cream yielded by the last half of the milking is always the best, provided the udder is properly emptied. Water added to milk causes it to throw up a larger quantity of cream than if unmixed, but the cream is of a very inferior quality. Milk carried to a distance before it is set for cream, or in any other way shaken, gives much less cream, and is also thinner than that which has not been agitated. Milk should always be strained before setting for cream. The cream being churned and strained from the butter-milk, is to have the remains of the butter-milk carefully squeezed from it, with as little working of the butter as possible, and then moulded into the form necessary; it should never be touched during the making by the hand, but worked up with a wooden spatula. Butter is always injured in its quality by being kept in water, nor will it keep so long as if in a cool vessel that is porous, with moisture round it. The only cheeses made in this country are cream and common white curd, directions for making which will be found under a separate head of the present work.

#### CALVES.

The feeding of these animals for the table (as in Europe) is seldom carefully attended to; but should you desire to have good veal, you must allow the calf the whole of its mother's milk, and for the first week break a raw egg into its mouth every day; the second week give it two eggs, and increase the number weekly until it has had six daily, when it will be found fat and fit to kill—not such half-starved meat as is usually sold for veal, but approaching in flavour to an English dairy-feed calf. If you do not choose to give



it eggs, let the calf run to another cow, as the expense with a country-bred animal is very trifling. Calves may be reared upon skimmed milk as in Europe, but then the milk must not be allowed to stand more than a few hours, otherwise it will get sour. At first the milk must be put into a vessel, and the hand immersed in it, giving a finger for the calf to suck and draw the milk up by; or else put the milk into a leather bag, funnel-shaped, with a small opening for the calf to suck it out by; this is the common native practice, but after a few days the calf will drink it very readily from the vessel it is offered in. In Europe chalk is placed in the pen where the calf is confined, for it to lick; this is done not, as is generally supposed to whiten the meat, but to correct the acidity of the milk.

#### BUFFALOES.

The finest description of these animals to be found throughout Hindostan are those along the banks of the Ganges, as well as in some parts of the Deccan about Jefferabad, Amraotee, and Mahore, east of Hingolie. The quantity of milk from the finest-bred animals has been known to be equal to that of first-rate English cows, being upwards of five gallons in the twenty-four hours: but this is very uncommon. The average supply received from a good buffalo in full milk may be about from six to eight seers, from a common one seldom more than four, and if not carefully attended to they soon fall off even from that quantity. The milk of the buffalo is extremely rich, and answers all domestic purposes, yielding a rich cream, butter, cheese, and ghee. In choosing a buffalo, select the fine dark black or light brown, with a good barrel, short-legged, thin-necked, flat and broad hind quarters, and large open eyes. Their food consists generally of grass, hay, kirbee, bran, oil-cake, cotton seed, &c.; but when they have calved, the best food to give them, besides grass for the

first week at milking time, is boiled jawaree and baujercœ about one seer of each, with a table-spoonful of zeera. When brought home to be milked, cotton seed or oil-cake is given to them. They delight in water, and will not thrive unless they have a swamp or pond to wallow in. There rolling themselves, they work hollows, when immersed, deep enough to leave nothing but their horns, nostrils, and eyes above the water. When a buffalo has calved, the young one is immediately taken from her, and brought up by hand ; if a male, it is given away, being considered useless, except for draft or to breed with. The males are very savage ; and if taken out to the jungles with other cattle, will fight even the tiger, should he venture to attack the herd ; the female will also make the same resistance. The milk sells from eight to twenty seers the rupee, and ghee made from it with care may be considered one of the most useful of domestic articles, and will keep sweet and good for years.

#### GOATS.

These are procurable in all parts of India, of a fine description, though varying much in appearance. The Surat goat, brought to Bombay, is highly prized. It is short-legged, well-formed, round and compact, giving as much milk as a seer at a time. The kid affords a delicate meat, for which Bombay has long been celebrated. The goats from the banks of the Jumna in Hindostan are a long-legged breed, but excellent milchers ; so are some from the southern part of India. They all feed alike, and will eat leaves and roots where no other animal could find a subsistence. It is necessary to give a little grain, morning and evening, to your milch goats. Half a seer of grain or other grain at a time to each is quite sufficient ; and if you have a garden, the refuse leaves from any vegetable will be greedily eaten by them, as also cakes of bread made from the common sorts of grain, such as jawaree, baujercœ, &c. Where there are children, a

milch goat about the house is invaluable; but remember they are very destructive to a garden, and must be carefully looked after. The kid should never be allowed to follow the mother if you require her milk, unless some means is adopted to prevent its sucking, either by a muzzle or tying her teats.

#### SHEEP.

Bengal has long been celebrated for its gram-fed mutton. The gram gives the meat a flavour far superior to any other method of fattening; the grain of the meat is not finer than that of sheep in other parts of India, as undoubtedly in the Deccan, where there is good green grass pasturage, the meat is fine and extremely sweet, and mixed with a proportionate quantity of fat. To the southward, there is a large breed of sheep of a reddish colour that, if fed on grain like the Bengal, will become fat, as easily retaining the same flavour and qualities. Perhaps much of the estimation in which Bengal gram-fed mutton is held arises from the shepherd's making wedders of the males when young—a practice not generally adopted, but very essential to having fine-flavoured mutton. In the case of sheep, it is necessary that their pens should be clean and dry, and secured from the attacks of wild animals. They may be taken to feed with goats, but should never be driven out before the dew is off the ground, and should always be brought home of an evening when they are to have their grain given to them; such sheep as you are about to prepare for fattening will require less than those you intend to kill, being already fat. If, for instance, you kill once or twice a week, you will replace the slaughtered one by another from the flock, and so continue. The selection for killing should fall upon that sheep which is in the habit of rushing to the gram trough, shoving the others aside; he generally is in the best condition. Sheep should at first have the grain broken for them, and a little salt every third day or so mixed with it; it is useless giving

sheep grain until they have eight teeth in front, and then the proper quantity for each averages about half a seer daily. In some parts of Bengal where grain is very cheap, the whole flock is fed on it. A sheep is allowed to get fat and fall off, and again fattened before he is killed, which very much heightens the flavour of the meat. This is two or three times repeated. The lambs, besides sucking the ewes, are fattened with ground gram, sugar, and milk; the Hindostan shepherds understand this well, and the meat is deliciously sweet. The proper time for making widders of them is when they are about three weeks old.

House lamb is very seldom procurable, though sometimes the natives will bring them up for the purpose of sale, where there is a demand for such meat. They are fed on native bread, milk, and vegetables; in fact, pretty much in the same way they are at home.

#### PIGS.

These animals, when reared in a sty for domestic purposes, are very useful, and do not give much trouble. The China breed, being round, short-legged, and of a docile temper, are to be preferred; but if crossed with English or any other breed, make much finer pork and bacon, as they do not run so much to fat, and the bacon becomes more streaky. If you desire to bring up several young pigs for porkers or bacon, rail off a space of a few square yards independent of the sty, that they may roam about, as it is not beneficial to confine them at first, and give them any spare vegetables with their food daily; but as soon as you wish to fatten them, let the food be as nourishing as possible, and remember they will fatten much sooner on boiled food than raw. They should also have plenty of clean water to drink. The tame pig gives from six to eleven young ones at a time, and carries her young sixteen weeks. They sometimes breed twice a year, but the more usual time is once in eight months.

Cleanliness is essentially necessary to rearing pigs in India, and the best way to attain this end is to have the sty paved with large stones so that they cannot be turned up; yet a sow that is breeding will get on better if she has plenty of grass on a good clay floor, which should be kept just moderately moist, so as to be cool, but neither swampy nor wet. Before they farrow, they are very fond of scraping a hole to lie in; and if the ground is dry and dusty, the young ones are apt to get smothered: this is known to have been the case with a litter where there was a chunam floor. The sow may be put with the boar from a month to six weeks after farrowing, though it is much better to wait a longer period. The young are seldom fit to roast under a month, and there will generally be found in a litter one larger than the rest. This is not, as is supposed by some, the mother's favourite, but is the strongest, and manages, by thrusting the others aside, to get the largest share of milk. Of course, he is the first for roasting.

The sty may be built of stone, bricks, or wood; and if not for breeding sows, should always be well paved and on a slope, that water may be thrown over it to keep the animals cool and clean, giving them, during the rainy and cold weather, plenty of straw or grass to lie on.

Their food may consist of the refuse from the garden, table, and kitchen, or rice boosah, mixed with butter-milk. They thrive very well on boiled grain, such as jawaree, cool-tie, &c. Gram they are also very fond of; and if fine, firm, fleshy bacon is desired, it is the best grain they can have when fattening. The food, whatever it is, should be put into troughs for them to eat out of, and the best I have found are those cut out of stone, as being strong as well as heavy, and not easily turned over, which, if it happens, occasions a great loss of food. Where pigs are kept, it is necessary to have a Hindoo servant to attend and feed them, and this duty is generally performed by one of the mehter caste.



## RABBITS.

The successful management of these animals consists in cleanliness and proper feeding, keeping them dry and in the open air, and sheltering them from rain and sun. The boxes or hutches in which they are kept should be swept out every day, and holes made in the bottom, so that they may be as dry as possible. The breeding hutches for does should have a separate compartment, with a door at the end for the purpose of cleaning it out when necessary, but this door should never be opened after the doe has littered, until the young ones are able to run about. Some does are so shy that if you disturb them in any way at the early stage after giving young, they destroy them immediately. Rabbits are very prolific; their period of gestation is one calendar month. The does when about to breed should have fine dry grass given to them to make their beds with, which they line by plucking hair from the breast and stomach. The young ones may be separated from the does when a month old, but it is better to let them remain a fortnight longer, as it increases their size; the feeding of them carefully after this is principally to be attended to. They should be kept in a separate hutch by themselves, and fed at regular periods; for if seldom fed, and in large quantities, they over-fill their stomachs and become what is called pot-bellied. The best food is lucerne, cabbage, lettuce leaves, and sliced carrots, also wild endive, with bran of the first sort, and ground or split gram a little moistened, also jawaree. A doe may be put with the buck when her young ones are a month old. The number a doe produces at a litter varies, some giving three, and others as many as seven or more young ones. The buck should always have a roomy hutch to himself, with plenty of gram and dry food. The young bucks intended for fattening should be cut when a month old. This can be done by incision or ligature.

Rabbits may be kept in an artificial warren, by digging a large square hole, about six feet deep, lining it with a brick wall, and then filling up the hole again with earth and water or clay, beating it well down. This must be surrounded with another wall and covered in, so that no animal can disturb the rabbits which are here put and left to burrow as they please. An opening should be made into an outer separate room or yard, with a sliding door, where their food is to be placed for them to feed. This is done with the view of catching and selecting them when at their meals. In some situations, where the ground is of a hard stony nature, so as not to require a wall beneath, it is only necessary to excavate the place, and fill it up with earth, as before directed, moistening it with water, and beating it down firm.

## MANAGEMENT OF POULTRY.

### DOMESTIC FOWLS.

The time of incubation with the domestic fowl is three weeks, and during that period the fowl generally, if left to herself, will leave her eggs once in twenty-four hours to feed, shake her feathers, and exercise her limbs. Some fowls are such close sitters that they will not leave their nest even for this purpose—so intent are they on their maternal duties. In such a case the hen must be lifted carefully from her eggs, and put out to feed, when after a short time, habit will induce her to leave them at the same time each day. A sitting hen daily turns her eggs; and if she were not to do this, the heat from her body would be unequally distributed, and the yolk become misplaced. A laying hen must do this, as she could not deposit the requisite number of eggs for a brood in less than fifteen days; and in a fourth part of that period, the yolk would have sunk through the white and come in contact with

the shell, which being porous, would have admitted the atmosphere, and the vital principle would have become inert, and the egg be addled. As early as the third day of incubation, the nature of the egg is altered and rendered unfit for use. The yolk of the egg is devoted exclusively to the nourishment of the chicken in embryo; and if this, by the admission of air, as I have before observed, is injured, the brood is destroyed. Chickens may be left under the mother without injury for a couple of days, as her care and warmth are far better calculated to rear them than any artificial means. As nature has pointed out the means of preserving her eggs to the mother, it is plain that the same plan of turning them daily is necessary to keep them fresh and equal to new-laid. When a batch of young chickens is hatched, it is hardly necessary to confine them under baskets or coops, as they thrive better by being allowed to follow the hen about, and only require food to be given them once or twice a day. They must at night be carefully shut up with the mother in a basket, on straw or fine dry grass, and let out early in the morning. The food may be rice or jawaree. Game-fowls require much more care than the common. The same treatment as to food, &c., for the turkey will here perhaps be found the best. It is not advisable to put the game-hens on their own eggs, as they are too heavy and clumsy birds, very often destroying the young ones, like turkeys, by trampling and pressing them to death, even whilst resting at night. The common hens should therefore be preferred, and as they are small, not more than seven eggs should be placed under them at a time. It is very difficult to get the thorough game breed, and in many of the large cities in India that are celebrated for them, the owners of the fowls, if constrained to sell the eggs, often dip them in hot water previous to doing so, with the view of destroying their vitality. Even any rough motion will have the same effect, by rupturing the membranes which keep the white, the yolk,

and the germ of the chick in their appropriate places ; and upon these becoming injured or mixed, putrefaction is promoted.

Persons desirous of breeding their own stock may commence at any time of the year, although that after the first fall of rain and during the cold weather is the most favourable, when turkeys, guinea-fowls, and chickens may easily be reared. Ducks and geese are later in laying, though the former will sometimes continue to give eggs throughout the year. Geese seldom lay more than one batch of eggs in the year, and the period during which they usually lay is from August to January.

I may mention, for the information of persons rearing their own poultry, that an enclosed, sheltered spot, well secured either by a trellis-work or wall sufficiently high to confine the stock, is necessary, in which there should be a shallow pond or chunam tank for the ducks in some convenient part ; if care be not taken that the sides slope sufficiently for the animals to get in and out with ease, they are occasionally drowned. There should also be patches of fine gravel for the fowls to roll in and clean themselves, as well as for food ; and if protected by a shed the better, under which should be a few pits filled with dry sand or ashes from the kitchen, &c., for the birds to wallow in. The fowl-house should be large and roomy, and if tiled the better, as being cooler and safer from animals. The door should be well secured and inaccessible to vermin, with a hole sufficiently large for the fowls to pass through, but admitting of being well closed at night, or, if required, at any other time. Around the room there may be boxes, pans, or baskets fixed at a proper distance from each other, either in the wall or on the floor, perfectly accessible, for the hens to lay and sit in. Fowls are very stupid in recognising their own nests, and often interfere with each other, so as to spoil a hatch. Care should be taken to mark the basket or box in which a hen has

commenced to sit, putting the date down in a book, or marked in some other way. The room should be frequently whitewashed, and wood-ashes sprinkled plentifully about ; and after a batch of chickens have been hatched, the boxes or baskets should be scalded or fumigated with smoke to kill the vermin and fleas which are almost certain to collect. The hens whilst sitting should be at liberty at all times to leave their eggs to procure food, or wallow in the ashes put on purpose for them. If, for want of accommodation, you are obliged to keep your ducks and geese in the same place with your poultry, they should be separated by a division, and the two latter species again divided and kept apart. It is essentially necessary that the fowl-house be continually swept out, and the floor and walls occasionally washed with fresh chunam water to destroy the vermin, or else it is impossible for a visitor to inspect the stock. Clean water should also be near in pans for the poultry to resort to whenever so inclined.

In selecting fowls for the table, it is in this country almost impossible to obtain any particular breed. Choose your birds young, well-shaped, and in a healthy condition. If you cannot appropriate a room, you must keep them in a feeding coop, or under baskets made on purpose ; only be careful that cats, the mangoose, or other vermin cannot get at them, and see that they are not crowded ; provided you keep them clean, and supply them with jawarree, rice, gravel, and water, there is little else necessary ; and by substituting fresh fowls for those killed off, you may always have at hand a few pairs of fowls ready for the table.

To fatten fowls, when you put them up, first mix some fine bran and ground jawarree, wheat, or rice, together with warm water ; let them pick this for four or five days, then cram them with ground rice, wheat, or jawarree, with a little mutton fat, chopped fine and mixed, for about a fortnight, when they will be in prime order.



Chickens should pick on ground grain with milk and a little fat for a week at least before cramming ; do not afterwards force them too fast.

Capons should be crammed for three weeks, the same as fowls. Turkeys require a month to fatten ; give them rice boiled in milk with ground grain, and some fat mixed, in the same manner as for fowls.

Give geese and ducks coarse boosah, mixed with soaked jawaree and water or butter-milk, for a few days ; then give dry grain, such as rice in husk, jawaree, and clean water, also some fine gravel. Do not let them wet their feet, but give them clean straw to lie upon ; feed them three times a day at regular hours, and give them no more than they can eat at once without leaving any, and water only once a day. By observing these instructions, ducks will be good in two or three weeks, and geese in three or four.

Ducks that are kept in a small enclosure, with a pool or tank to wash in, will get very fat on common grain and plenty of chopped vegetables, such being given to them daily.

As a general rule, keep your poultry for fattening clean ; keep them in darkness after their meal ; let them have milk to drink ; and immediately before you kill them, nothing but congee water made with rice. By these means you will have delicate, white, and fat poultry for table.

#### TURKEYS

Lay from fifteen to twenty eggs, and at all seasons. The hen will sit and bring out the young ; but they are very careless mothers, eating the food greedily that is prepared for their young ones, and trampling upon them when moving about. A hen sits upon her eggs for twenty-five or twenty-six days, and will lay them in any secluded spot. When you find a nest, do not remove the whole of the eggs at once, unless she has done laying. If she has only lately commenced, take away a part, but be certain to leave a nest-egg, and watch her daily.

When she lays her egg, remove it, and continue this until she is inclined to sit. The time of incubation I have known to vary; but on the twenty-fifth day the chickens generally make their appearance. Do not remove them until the whole are come out, unless the hen has got off the eggs herself. In that case, take away the young ones, and put them in a basket lined with cotton, and keep them safe; when they are all hatched, the hen should be removed into a dry spot; and let some chopped eggs, onions, and pounded grain, mixed, be given to her and the young ones; let her eat her fill. Large baskets of a conical shape are most convenient for rearing them under. If the hen is careless with her chickens, treading on them, she must be taken away and kept outside, and the young ones fed by themselves, until they are strong enough to run about and get out of her way. If you have a person to watch them, the hens may be allowed to roam about, as the young ones thrive faster and considerably better on the seed and insects they pick up in grass, than when wholly confined; at all events, they should be allowed to feed in this way morning and evening. When the young ones are put up with the hen at night, see that she has fine soft grass in the basket in which she sits to cover the young ones, otherwise you may find one-half killed by her smothering them during the night. If the young ones appear to mope, and do not seem lively, put two or three grains of black pepper down their throats. It may be bruised at first, but this is not of much consequence. The ground on which the basket is kept during the day must be dry, and should also be shaded from the sun. After the young ones are feathered, there is little trouble with them; they eat greedily chopped onions, salad, hard eggs, bread and milk, or, in fact, anything. The young ones should never be let out when the dew is on the ground, and should always be taken in a little after sunset. Turkeys certainly thrive better when allowed to roam about, but they require to be watched on their

excursions, and will, if fed in any particular spot, return to it at the customary hour. When turkeys, or fowls, or chickens get the chicken-pox, which the natives call *mattie* (and to which they are very subject in the rains), for both old and young, pounded charcoal and bruised onions, mixed with a little cocoa-nut oil, if rubbed over the pimples about the head for a few times, is almost a certain cure; care at the same time must be taken that the eyes are not closed over by the disease; for, if so, the birds cannot see to feed, and large turkeys or fowls will then require to be crammed with food, or else they die from starvation.

#### GUINEA-FOWLS.

These are reared when young precisely in the same manner as turkeys, only the female in this case seldom hatches her eggs; when she does, it is necessary to keep her confined under a large basket or coop. The young ones should have white-ants given to them twice or thrice a day, with hard-boiled eggs, rice, and onions chopped fine. It is particularly necessary to keep them in dry ground and sheltered from rain and sun. If they appear sickly, put a few black peppercorns down their throats. One hen will lay as many as sixty eggs, but only during the rains. Their time of incubation is twenty-five days. When you wish to hatch a brood under a common hen, never put more than eleven or thirteen eggs, and after she has sat about fourteen days you may ascertain if they are good by gently shaking each egg separately, when if addled it will be perceived at once by its sound, as if filled with water; or by holding the egg firmly in the hand near the ear, the young one will generally be heard to chirp. When a hen has died on her eggs before the time of hatching, they may be brought out by putting them in flannel near a fire, or exposing them to the sun. By this means the whole batch will sometimes be brought forth, though there is trouble in first teaching them to feed, but which they soon

learn if they have a young chicken placed with them ; or at night they may be put under another hen that has young ones. When a hen is let out to feed with her brood, care should be taken to protect them from hawks, crows, &c.

#### GEESE.

These commence laying in September and continue until February, sometimes later. Their period of incubation is thirty days. The goslings require very little looking after if there is a pond, nullah, or tank where the old one can resort to. When the goose begins laying she should have plenty of dry grass or straw near her to cover the eggs with. On her quitting the nest, if there is any danger of the eggs being stolen or destroyed, they must be removed, leaving one as a nest-egg.

#### DUCKS.

These hatch their own eggs, and sit twenty-five days. They require to be near water with a sloping bank, where they can easily go in and out with their young ones, as otherwise they are constantly drowned. Their food may be either fine bran mixed in water or any other sort of meal. Rice in its husk they are very fond of.

#### PIGEONS.

These, whether of the fancy or common kind, require pretty nearly the same treatment; and as my object is to describe the simple mode of rearing them for domestic purposes, it would be useless to enter into a description of the various fancy breeds, further than to describe the particular sorts, which consist of the carrier, the pouter, the tumbler, and the fan-tail or shaker, so called from its head being always in motion. The common kinds, generally kept for profit, vary both in colour and size, and seldom quit the place in which they are bred. The first thing is to provide a commodious place for rearing the stock, and for this end a room

secured from the entrance of cats and other destructive animals is necessary. The door should fit close and securely, with an opening for the pigeons to pass in and out, and at such a height from the ground that no animal could pass or jump easily through, with a door or slide, to close at night, and a step or perch for them to rest upon on entering the inside of the room. Chatties may be built in the wall (or pots) lying on their sides, with the mouths projecting from the surface several inches; the pots should each be at least one foot in diameter, and the mouth from four to six inches, the distance between each chatty at least one foot. They may in this way be arranged round the sides of the wall as the proprietor may please in any number, or a house may be built on posts, with shelves and close boxes inside; but then the posts or pillars must be defended so that cats and other animals cannot climb up into the house, and this can only be done by sloping shelves, or else by thorns kept bound round them; this latter plan is troublesome. They may also be allowed to breed in chatties suspended under the roof of a flat verandah, where no animals can get near them. When the house or dove-cot is prepared, the next business is to stock it, and this must be done with young birds just fledged, and which have never essayed the wing, otherwise they are difficult to retain. With old birds it is necessary to pluck the long feathers out of one wing only, and let them remain in the house until the new feathers are grown, when perhaps they may have formed some attachment to the place, and will not leave it; but this is not to be depended upon. Pigeons begin to breed when they are six months old, and produce eight or ten couples a year. When pigeons are confined to a room, food and fresh water must be supplied to them daily, and in such a manner as to prevent the excrement contaminating it; if confined, they must be provided with green food and the place occasionally cleaned, after



which strew about plenty of gravel, and take every opportunity by whitewashing to destroy fleas and other vermin. Pans of water should also be kept in the place. They are fond of gram, peas, jawaree, and all kinds of pulse, and if they are at liberty will only require to be fed once a day. It is not difficult to match young ones according to your wish, provided they have not already formed their attachment. For this purpose they must be shut up together, or near and within reach of each other. The male is distinguished by his size and forwardness of action. The female lays two eggs, and, having laid one, she rests a day, and then proceeds to sit; the period of incubation is nineteen days from the first egg, and the male and female divide the labour during the day between them, but at night the hen always sits. At the end of a month the young ones are abandoned and left to shift for themselves. Until they can fly they are called squabs. When a pigeon loses its mate it often entices another from a distance, and this may account for the loss of any particular bird. Cats, rats, and snakes often commit great depredations in a dove-cot, also the mangoose when it can effect an entrance. All these enemies must be guarded against.

Should no young pigeons be produced after the lapse of a day or two beyond the time of incubation, the eggs should be removed, as they are certain to be bad, and a squab taken from another pair substituted. The parents will rear this, and feed off their soft meat, which might otherwise stagnate in their crop and injure them. This soft meat is a sort of pap secreted in the craw against the time it is required to nourish the young.

#### PEA-FOWL.

These, when brought up by the hand, become very tame, mixing with the domestic poultry, roosting on some high tree at night or the cross-beams of an out-house. The natives continually, during the rains, bring in the eggs from

the jungle, and if put under a common hen they are easily hatched and reared. The food given to the young chickens is precisely the same as for turkeys or guinea-fowls. The hen lays from five to seven eggs, and always leads her young away from the male bird to feed until they have got their top-knot feathers, as he otherwise kills them. They are ornamental about a house, but very destructive to a garden. It is said that they destroy snakes. The young ones, when brought in from the jungles, must be kept under a coop or basket and fed with bruised grain or millet seeds, chopped eggs and onions, fine grass, and occasionally with white-ants. It does not do to give them too many of the latter, as they are so fond of them as to refuse their other food. If the young are only just hatched, it is difficult at first to teach them to feed. A young chicken about their own age put with them will soon show the way, and from its habits teach them to follow into the basket in which they are kept during the night, thus saving the trouble of catching them for the purpose.

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## CHAPTER XXIX.

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### THE KITCHEN GARDEN.

Where you have an opportunity of selecting ground for this purpose, choose a spot possessing a good command of water, free from trees and of a light and loamy soil, such being best suited for vegetation. But if no choice be left for the selection of a spot, and you must turn to the best account you can that which you possess, examine carefully the texture of the soil; and endeavour, if necessary, by artificial means, to render it as productive as possible, and this can only be done by adding manure to the soil, or the requisite material for destroying its tenacity if of a clayey nature, or if a sandy soil by mixing with it loam or peat, so as to make it retain the requisite portion of moisture.

**LOAM**—Is an earthy mixture containing considerable proportions of clay and sand, but when calcareous matter is also present it is termed marl. Any soil that does not cohere so strongly as clay, but more strongly than chalk, is designated loam.

**PEAT**.—Lakes and tanks of water are sometimes filled up by the accumulation of the remains of aquatic plants, and a sort of spurious peat is formed. The fermentation in these cases seems to be of a different kind, much more gaseous matter is evolved, and the neighbourhood of morasses or tanks in which aquatic vegetables exist is usually aguish and unhealthy, whilst that of true peat formed on soils originally dry is always salubrious.

Soils may generally be distinguished from mere masses of earth by their friable texture, dark colour, and by the presence of some vegetable fibre or carbonaceous matter.

The species of soil is always determined by the mixture of matters, and never by the colour or texture of that mixture, which belongs to the nomenclature of varieties. Thus a clayey soil with sand is a sandy clay ; this is the name of the species. If the mass is yellow or red, it is a yellow or red sandy soil, which expresses at once the genus, species, and variety.

The true nourishment of plants is water and organic matter. Both these exist only in soils, and not in pure earth ; but the earthy parts of the soil are useful in retaining water, so as to supply it in proper proportions to the roots of vegetables, and they are likewise efficacious in producing the proper distribution of the animal or vegetable matter.

When equally mixed with it, they prevent it decomposing too rapidly, and by these means the soluble parts are supplied in proper proportion.

The power of soils to absorb water from air is much connected with fertility. When this power is great, the plant is supplied with moisture in dry seasons, and the effect of evaporation in the day is counteracted by the absorption of aqueous vapour from the atmosphere by the interior parts of the soil during the day, and by both the exterior and interior during the night.

**TEXTURE OF SOILS.**—The perpendicular extent of roots is greatly influenced by the looseness or compactness of the soil ; as, for instance, carrots, beet, &c. All deep-penetrating roots, when placed in a hard or stiff soil not easily divisible, are not only dwarfed, but split into branches or twisted as they may. Since, then, the mere texture of the soil, independently of the food of plants which it contains, produces such effects, it must be of the greatest importance to attend to this circumstance.

If the soil is of a sandy nature and very porous, the water naturally sinks into it and moves towards the bottom, which if not of a firmer texture it will drain away ; and as the

heat expands the water nearest the surface into vapour and raises it into the air, so soon as by this means the surface becomes dry, the moisture below will gradually rise in the same way, leaving little or no further nourishment for the plant. This is to be remedied by mixing a due proportion of loam or clayey matter, in moderate quantities, from time to time, and dressing the soil with old decomposed vegetable manure.

Where the soil, on the contrary, is of a clayey nature, the free use of river or road sand, or brick-dust, will correct this evil; but both must be well worked and incorporated together to render it less adhesive, and manure supplied in the necessary quantity.

If the soil is worn out and requires renovating, dig it deep, turning the lower surface as much uppermost as possible, and pulverise it well, giving a good dressing with animal and vegetable manure.

The sweepings of the garden, refuse vegetables, weeds, the pruning of shrubs, with all kinds of vegetable matter, thrown into a heap and allowed to ferment and decay, soon become manure, and this kind is peculiarly adapted for sowing seed and first rearing plants in, as all young plants on first germinating from seed require a different nourishment than when more advanced, after they have exhausted that contained in the seed-lobes and seed leaves.

The great object in the application of manure is to make it afford as much soluble matter as possible to the roots of the plants, and that in a slow and gradual manner, so that it may be entirely consumed in forming its sap and organised parts. Animal and vegetable manures can only nourish the plant by affording solid matter capable of being dissolved by water, or gaseous substances capable of being absorbed by the fluids in the leaves of vegetables. Animal substances, such as carcases of beasts, require no chemical preparation to fit them for the soil. The object is to blend them with



earthy constituents, in a proper state of division, so as to prevent their too rapid decomposition. If covered with six times their bulk of soil, mixed with one part of lime, and suffered to remain for a few months, a very rich manure is formed. To destroy the effluvia at the time of removal, a little more fresh lime should be mixed with it.

Blood contains certain quantities of all the principles found in other animal substances, and is therefore a very good manure. Bones are of great use as a manure, and the more divided they are, the more powerful their effect, but when broken only instead of ground to dust they are more lasting. The easily decomposable substances in bone are fat, gelatine, and cartilage, which seem of the same nature as coagulated albumen, and are slowly rendered soluble by the action of water.

The shavings of horn are a still more powerful manure than bone, as they contain a larger quantity of decomposable matter. The earthy matter in horn, and still more in bone, prevents the too rapid decomposition of animal matter, and renders the effect very durable.

Pigeons' dung, next to guano, possesses the most fertilizing power. The dung of domestic fowls possesses the same properties as that of pigeons, but in an inferior degree.

Rabbits' dung is also used with great success, and is best when laid on as fresh as possible.

The dung of cattle, oxen, and cows contains matter soluble in water, and gives in fermenting nearly the same products as vegetable substances, absorbing oxygen and producing carbonic acid gas.

Liquid manures are formed by infusing rich dungs, as those of fowls, sheep, pigs, &c., or blood, in three or four times their bulk of water, and the application of the extract so procured is made at the usual season of watering, taking care to apply it only to the roots.

**LIQUID MANURE.**—Half an ounce of sulphate of ammonia in a gallon of water makes a first-rate liquid manure with which to water, or rather moisten, plants that have filled the pots with roots, but water them two or three times with plain water before you repeat the dose. By this means they have a stimulant that they feel almost immediately, and it takes three waterings with plain water before its effects are removed.

The value of liquid manure is well known in England to gardeners, and there is no reason why it should not be of equal importance to the agriculturist in this country; and if the draining from the dung heap was only preserved, as it might be, during the rains, in tanks or other reservoirs and then mixed with loam and kept under a shade, it would prove the best compost for flowers and vegetables.

Fish is a powerful manure, and should be dug in fresh, but not in too great quantities, or the crop will be rank.

**TRANSPLANTING.**—If the object be to remove trees or shrubs, it is essentially necessary that the root fibres should be uninjured, and that a sufficiency of the soil attached to the roots be removed with them. If you are transplanting vegetables such as beet, carrots, turnips, &c., the best method is to use a straight dibber, place the roots perpendicularly without bending the sap-root, and then gently replace the earth around it. It may perhaps be necessary, should the root fibres be injured, to remove some of the leaves, otherwise the remaining fibres will not be able to nourish the plant.

When it is found impossible to preserve the root fibres from injury, or to re-plant them exactly in their former position, in order to diminish the loss of sap, the plants ought to be shaded from the light and sun for a time, or a part of their leaves or branches should be cut off.

The removing of plants or trees depends solely upon circumstances; and the principal facts to be remembered by

gardeners are, that all trees and plants derive their nourishment through the tips of the root fibres, and that the sap carried into the leaves passes off by exposure to light and sunshine; therefore the necessity of great care being used to preserve the mouths (or spongioles) entire.

**WATER.**—Water is essentially necessary for the nourishment of plants, and although some will grow and throw out flowers, they never form seed without it.

The material which water holds in solution forms the important part of nourishment, or otherwise causes the decay of plants. All water contains more or less atmospheric air, and water is more or less beneficial in proportion to the quantity mixed with it. Rain water, from its falling, collects a large proportion of air during its descent.

**WINTERING.**—Trees are brought into bearing by this process, which consists in carefully removing the earth from the trunk roots and laying them open, and at the same time picking off all the leaves. The tree is left in this way without water for a certain period, and is thus brought into bearing by the nutrient matters and properties of the sap being thickened, and thus stored up and afterwards thrown into the buds, the pulp, wood, root, and crown of the root. The check to the growth of trees by wintering, &c., is thus advantageous, causing the leaf pulp to become thickened by the loss of water and oxygen. When it returns to the stem and crown of the roots, it lays the basis of fresh branches, terminating in flower-buds; whereas, were a plant to remain unmoved in a rich soil well watered, it would probably send up more sap than the light could readily deprive of its water and oxygen, and thence would push out new leaves to carry off the superabundance, while there would be no pulp formed thick enough and containing enough of carbon to produce flowers.

**WORMS**—May either be destroyed by picking them up by hand very early in the morning or late in the evening

in moist weather, or by watering with lime or salt and water.

**WOUNDS IN TREES.**—To heal wounds in trees, make a varnish of common linseed oil rendered very dry, boiling it for the space of an hour with an ounce of litharge to each pound of oil, mix with calcined bones (pulverized and sifted) to the consistence of almost a liquid paste. The wounds are to be covered by means of a brush, after the bark and other substances have been pared off so as to render the whole as smooth and even as possible. The varnish must be applied in dry weather, in order that it may attach itself properly.

**DESTROYING WHITE-ANTS.**—Take a bundle of the twigs of the *Sarcostemma Viminali*, put it into the trough or pot by which the bed or field is watered, along with a bag of salt hard packed, so that it may dissolve gradually. Water so impregnated destroys insects without injuring the plants. Dry twigs answer as well as green. It abounds in the Deccan, and all Gogan, and the coast of Kattywar.—*Hind. SOOM.*

**PRESERVATION OF WOOD FROM ATTACKS OF WHITE-ANTS, &c.**—The following are the results of experiments which have been carried on for some years by Major H. T. Forbes for preserving wood and timber from dry rot and decay, and for rendering them waterproof, and also proof against the attacks of white-ants and other insects :—"The process is simple, consisting of painting the wood with a mixture of sulphate of copper and vegetable oil, ingredients which can be procured at any town in India at a cheap rate. \* \* \* Pieces of mango wood, covered with the solution, were exposed for two years in a garden infested with white-ants, together with pieces covered with other preparations which have enjoyed the reputation of being good preservatives. In all the cases where the sulphate of copper was used, the wood was found in excellent condition, although covered to

the depth of some inches by the earth thrown up by the ants ; whereas in the others, it was in some cases totally, in others partially, destroyed,—arsenic alone seeming to have a similar protective power. The cost of the preparation of arsenic is, however, about four times that of the sulphate of copper. In one experiment the results of the preparation were more clearly shown than in any other, where one-half of a piece of deal was immersed in the solution for ten days, the other half being left undressed. After being buried in a white-ants' nest for a few months, the undressed part was found considerably eaten, but the immersed part was untouched."

**DESTROYING INSECTS ON VEGETABLES, &c.**—Sprinkle the leaves over with very fine pounded sulphur tied up in a muslin bag, or with wood-ashes from the kitchen. Fumigate also the trees with tobacco smoke, or sprinkle the leaves with a solution made after the following manner:—To three parts of lime add one of sulphur, and boil both together in one hundred parts of water; you may also soak the seed in this.

**PREPARING GROUND.**—Having selected your spot, which you wish to prepare for either sowing crops or making a plantation, the first thing to be done is to clear it of weeds by drying or ploughing the whole up well, exposing the earth to the action of the sun and air, then breaking up the clods of earth and removing the weeds, which should be burnt on the spot, as the ashes form an excellent manure, and you are certain that the weeds are destroyed.

**PRUNING**—Consists in removing all superfluous branches, either for the purpose of increasing the fruit, making the tree bear better, and more regular in its appearance, or enlarging the tree. Though an operation in general practice, it is nevertheless but by few properly understood, and is only to be acquired by practice and observation, bearing in mind the various modes in which each tree is disposed



to produce its fruit or flower, and being careful to remove such branches and slips only as may be necessary, without disfiguring or injuring the tree, &c. Be careful in removing decayed branches that you cut them clean down to the place from which they were produced, otherwise that part of the branch which is left will also decay and prove hurtful to the tree.

## DIRECTIONS FOR CULTIVATING EUROPEAN VEGETABLES, &c.

**ARTICHOKE, or KUNGAR.**—There are four species; only two are cultivated for use. It has large pinnatifid leaves, erect, and of about two or three feet long. From the centre arises a long stalk, which gives off branches, on the top of which is a large, round, scaly head composed of numerous oval scales enclosing the florets setting on a large fleshy base, which, with the fleshy part on the base of the scales, is the only part eaten: it is called the artichoke bottom.

The two sorts grown are the French conical spine-leaved and round Dutch globular-headed. The seed may be sown in June and continued during the rains; the soil should be light and of a good loamy description; the seed sown at least six inches apart. When they are in four or six leaves they may be transplanted in rows, and, in open situations and good soil, three or four feet asunder. The ground should be of a light consistence and well manured. Let the trenches be about six inches deep, and at least from one to two feet broad; they will require occasional irrigation if the weather is dry, after having been well watered by the hand. When first removed, at the latter end of the rains, and the plants have arrived at almost their full size, a small black fly collects upon them in the greatest abundance, and destroys the whole of the leaves. This also happens to plants raised from seed

sown in October, or at the close of the rains. When the plants, in January, February, and March have arrived at their full perfection, they may be propagated from slips that grow on the side of the old plants, which wither and dry as soon as the fruit is ripe and gone to seed. Care must be taken, in removing both plants and shoots, that a sufficient quantity of earth is taken up with the roots, so that the spongioles are uninjured. When they appear to have taken root well, let the ground occasionally be loosened round them and the stalks well earthed up. The best means of preserving the plants from being destroyed by the fly is to cover the leaves well over with ashes from the kitchen, or sprinkle them with tobacco water. The seed from Europe, the Cape, Persia, and Hindostan grows well, but the plants that I have succeeded best with were from the upper provinces of Bengal. They were of the large globular kind, and from being acclimated, I thought they did not suffer so much from the fly as others. More than one head should not be allowed on each stalk; pick all the others off. If a piece of stick is run through the stalk across under each head, it tends to enlarge it. The seed may be collected whenever ripe, which is mostly in May or June. The largest and finest heads do not always give the most seed, often the reverse. Young artichoke shoots, if blanched, may be eaten as salad.

**ASPARAGUS**—*Marchooba* *Nokdoon*. The species are many, but only one is cultivated for use. The method of first raising the plants from seed is either by broadcast in beds of six feet square, or in long beds of about two feet broad, where they are to remain. If sown in square beds, when the grass is about six or ten inches high and begins to bear small flowers, it may then be transplanted, and must be carefully taken up with a sufficiency of earth attached to the roots, and planted in trenches at least six inches deep and eighteen broad. Between each trench should be a

space of one foot or more. The plants may then be laid down in double rows in the trench prepared, at six or eight inches asunder ; perhaps a greater distance may be better. The roots must be carefully covered and well watered. The beds cannot be of too rich and light a soil, and must be kept clear of weeds, and watered as occasion requires. When the asparagus is sufficiently strong to commence working the beds, after the stalks have gone to seed, the watering should be discontinued and the stalks allowed to dry and wither ; then uncover carefully the roots, being cautious not to injure the crowns ; cut or twist off the stalks and cover up the crowns again with old rich manure about two inches high, then turn over upon it the spare ground that has been left between the trenches. Thus you will have in the middle of the rows a water-course which will serve to irrigate the roots below. The watering must be continued daily if necessary, which will cause the plants to send shoots up through the loose soil above them, and if well managed, the grass will be white and fine. Before putting down your plants in trenches, plenty of good manure should be well dug into them, so as to form a rich soil for the roots to strike in. After the grass has been cut and the shoots are getting thin, cease working the beds and let them go to seed, when they may be again worked. You will seldom get more than two crops in the year from the same beds, therefore you should have them in succession. I know of no animal except rats destructive to the roots ; flooding them with water is the only remedy.

**BASIL, SWEET BORAGE**—Boomak Kalee Toolsee. Grows as a shrub, and is only used for seasonings with other sweet herbs in various culinary operations. It grows in all parts of India from seed or slips in any light soil, and is used chiefly for flavouring sherbet, &c.

**BEANS, BROAD AND WINDSOR**—Should be sown in the cold weather in drills, the same as peas, each bean six inches

apart, and the rows sufficiently separated to admit a person to pass between them for picking, weeding, &c.

The best time in the Deccan for sowing is in November, and if the ground is light and well manured there is no chance of failure. I would also recommend the seed to be changed every season. Rats and porcupines are very destructive to them.

BEANS, FRENCH (FRAS BEEN)—WHITE, BLACK, AND YELLOW HARICOT.—These beans are runners and dwarfs; they should be sown in rows about two feet apart, and you may commence sowing them at the close of the hot winds. The dwarf white are preferable at the early part of the season, as they bear sooner than the other sorts; they require sticks at least six feet high and strong, so that they may stand the rain and wind; you can continue to plant them until March with success. All that is necessary is not to put them too close, and to remove caterpillars that are found upon them during the months of July and August. These beans are very hardy and grow well in almost any soil; at the beginning of the rains the blistering fly (*mylabris cichorea*) is very destructive to the flower, and must be carefully removed.

The Portuguese bean, or Chevaux-de-frise, is cultivated like all other beans. Its pod has four fringed angles, the edges jagged; they are dressed like French beans. All the other sorts are grown in the same manner.

BEET-ROOT, RED AND WHITE—Is grown from seed and thrives best in a light grey soil. The seed may be sown in the latter end of May and transplanted in either rows or beds. This crop will not produce such large roots as those sown later, but with care some roots fit for salad may be forthcoming in September; and I would advise the plants being grown on ridges during the rainy season. The leaves of both species, when not too large, are used and eaten as spinach. Each plant should be at least a foot apart, and in



transplanting them care must be taken to draw the root up unbroken, and the hole in which they are put should be made quite even with a dibble, and the plant put in straight. It may be transplanted at any period of its growth, except when going to seed, and which all the early-sown is apt to do. Fresh seed, if procurable, is to be preferred, though I have no doubt if seed grown in the Deccan were sent to another part of the country it would thrive well. Beet-root is always the finer for not being transplanted, and the soil cannot be too light, and should be of a rich old vegetable manure.

**BOOR-COLE, or BORE-COLE**—Phultee Kobee. Grows to great perfection; the leaves are curled. The top should be cut off when two feet high, the sprouts being the only part fit for use. It is cultivated the same as cabbage, and may be had all the year round.

**BROCCOLI**.—For culture, see *Cauliflower*, page 525.

**CABBAGE**—Kobee. I shall confine myself to two or three sorts—the drum-head, sugar-loaf, and savoy—as all the others require similar care and attention. You may sow the seed in the latter end of May, in boxes or baskets, shaded at first from the sun and kept continually moist. The advantage of sowing them thus early is, that the plants, by the time the rains have set in, are strong, and the leaves do not offer to the smallest insect which settles upon them to lay its eggs the nourishment necessary for the young caterpillar when hatched. The plants, when about three inches high, should be pricked out into other boxes, about two inches apart, and lightly covered over with dry thorns to prevent sparrows and other small birds from eating them. When large enough to be transplanted into nursery beds, use the same precaution with regard to thorns; and, lastly, place them where they are to remain, in rows about eighteen inches apart, eight on the top of the ridge or in the hollow: the former method in the rains is to be preferred. The soil should be light and rich.



In the cold season the precaution of sowing the seed in boxes is unnecessary, as it grows very well in small beds sown broadcast and watered at first by the hand, after which the plants when removed thrive extremely well. If the seed is sown as late as January, you may raise a stock of plants which reach but to a small size during the hot weather. These, if allowed to remain in the beds and sheltered from hot winds, may be transplanted in the rains. They produce good sprouts for eating when other vegetables are scarce, as also do the stems of the old cabbages. If, towards the end of the rains, the shoots be carefully stripped off, they may be planted, and a succession of cabbages procured by this means. I have known this plan adopted for years; in fact, in my own garden I have cultivated them in this way, particularly the red cabbage, for many seasons.

*Obs.*—You cannot be too careful in examining your young plants twice or thrice a day in the early part of the season, and having all the caterpillars picked off and destroyed. Sugar-loaf cabbage and nole-cole are particularly infested with them. I found that sprinkling the young plants, after watering, with a little black pepper caused the small green caterpillar to leave the plant immediately. Slugs and caterpillars have a great aversion to pounded turmeric.

**CAPSICUM\***—*Hind.*, Buragach Mirchee. This plant is so well known all over India as the large red pepper that it is hardly necessary to describe the method of culture, which merely consists in sowing the seed broadcast, and when the plants are about six inches high, to put them either in rows or beds eighteen inches apart. The soil should be rich. They require watering and being kept clear of weeds.

**CARROTS**—*Hind.*, Gajur. This vegetable, indigenous to India, needs little description. The two kinds in general cultivation all over the Deccan are the red and yellow (orange

\* The Chinese produce the finest capsicums I have ever met with.

and lemon colour). They may be sown at the commencement of the rains, broadcast, in beds of about six feet square, and should be thinned, having a space of six or eight inches in breadth at least between each root. This distance is sufficient for your first crop, but those that are sown later should have a larger space allowed. If you wish to preserve your carrots until the commencement of the rains, in the months of March and April cut off the green tops and let the roots remain in the ground. This checks their growth, and I have by this means had good carrots until the middle of July. I found the yellow Cape to answer the best for preserving; the seed was not sown until January. They bear transplanting well, and may be sown with advantage in drills. The soil should be light and good. Care must be taken, the same as in moving beet, not to break the root.

CARDOON—Resembles the artichoke, but grows much taller. The tender stalks and leaves, when bleached, are used in soups and salads by the French. The plant is cultivated in the same manner as the artichoke.

CAULIFLOWER—Phool Kobee. The seed should not be sown until the latter end of August, as it does not always head well; it requires the same care as the cabbage, and should be planted in a similar manner. Removing the plants occasionally prevents their quick growth; and I think if the roots when taken up were divided into halves or quarters before being put into the ground, that it would facilitate its going to head.

The soil in which I have seen the finest heads grown was of a greyish description, and the plants had little water given to them. In England the market gardeners seldom water cauliflowers, and once in four days is amply sufficient in the Deccan: no injury will accrue even if watered seldomer. The white broccoli is often taken for the cauliflower in this country, and I have seen heads large enough to be divided

into two dishes, and then form a sufficiency to cover a dish in general use for vegetables. Broccoli, both red and white, should be cultivated in the same manner as cauliflower.

**CELERY**—Ujooden, or Kurufus. The seed may be put down at the commencement of the rains, and, like other plants at that season, is better for being first sown in boxes or baskets, for the convenience of removing under shelter if the weather is bad. When the plants are about two inches high they may be pricked out into other boxes or baskets, two inches apart, where they remain for the first four or five weeks; then remove into beds or rows—to the latter I give the preference at the early part of the season; after that put them into square beds of six feet, and about twelve inches apart. They then grow so close in the leaves that they protect each other's roots from the sun and keep the beds moist, besides being very readily blanched, merely requiring a couple of half-circular tiles to be put around the stem, tied with string or matting, then earth up the sides, which completes the business. In four or five days you may commence cutting, and, by transplanting the offshoots, have a succession all the year round. The plant is very hardy and goes to seed without any difficulty.

**CELERIAC**, or **TURNIP-ROOTED**—Another variety of celery, and is to be managed precisely in the same manner. It seldom grows above eight inches, and mostly spreads upon the ground. The root only of this is eaten. It forms rather a large white bulb, nearly the size of a parsnip, and has an exceeding fine flavour. The root of the celeriac is oftener used for stews than eaten raw.

**CHIVES**—A species of shalot. Propagated either by slips or dividing the roots. This may be done at any season, but best after the rains. Nine or ten inches of space must be allowed between each clump.

**CRESS**—It is to be sown thick in very narrow drills, about

one inch deep and a few inches apart. It requires to be well watered, and is in season all the year round. It is only used for salading. The seed is sold in the bazars, and known by the name of *hallam*: it should be cut for use when two inches high.

**CUCUMBERS, GREEN AND WHITE—Kheera.** This vegetable is grown from seed at all seasons. The plants should never be too close. It thrives in all parts of India, and grows with much or little water; and being a creeper, if allowed to climb over sticks or trellis-work, is more out of the way of jackals and procupines, who are fond of the fruit. The natives grow them in their fields, in the cold season, amongst grain of various sorts, and in the sandy beds of rivers during the hot weather.

**EGG-PLANT.**—See *Brinjal*.

**ENDIVE, CURLED AND FLAT-LEAVED.**—The seed may be sown in the earliest part of the rains in beds or boxes; the plants when about two inches high should be picked out into beds, or placed in drills. They should not be nearer than one foot; and when grown to their full size, must be tied up to bleach. If in the rains, it is requisite that the plants should be every now and then opened to let off the water that may have collected inside the plants, otherwise they soon decay. The method adopted in England of placing a board on the plants for the purpose of bleaching will not succeed here, as the white-ants attack them, and the board stopping the free circulation of air, prevents their growth, and causes decay immediately.

**FENNEL**—Grows in great abundance in all parts of India. It is often confounded with aniseed. It may be sown in beds or rows, and does not require any particular care. It is an annual, and dies as soon as its seed has ripened.

**GARLIC—Hind., Lussun.** This is common all over India, and may be grown from seed or roots; the latter method is most in practice. One of the bulbs is broken and the

cloves taken out and planted in beds about four inches apart : no particular care is required save watering and keeping clear of weeds. When the leaves dry and wither, take up the roots and preserve in a safe place.

**HORSE-RADISH**—Moda. I have never seen the plant in India. A substitute is the root of the Mooringa, scraped, which grows wild, and the pods when young are used as a vegetable, both boiled and in curries. The tree is easily propagated by seed, and only requires watering for a few months when first sown.

**JERUSALEM ARTICHOKE**—Kunger, or Artuchuk (cor.) This is a species of sun-flower, and is, I believe, a native of South America. It goes to seed generally in October and November. The plant may be raised either from the seed or by dividing the roots, planting them the same as potatoes. They should be put down in January or February, and will require occasional watering until the rains, when they make their appearance. As the plants grow, they must be well earthed up, and if very tall may probably require to be supported with sticks. This vegetable is ripe as soon as the stalk withers, and the best method of preserving it is to let the roots remain in the ground—that is, if the white-ants and other insects do not attack them. If you are obliged to take them up, keep them in a safe place in earth, watering them occasionally. To sow them, put either a half or a whole one at a foot distance in rows, the same as potatoes, and attend to them in like manner.

**LEEKs**—Gandima, or Belatee Peeaj. The seed may be sown at the commencement of the rains, or after, in beds, broadcast. When about six inches high, they require transplanting into large beds or rows, at least one foot apart. They go to seed in the course of six months, and grow very well in all parts of the Deccan.

**LEMON GRASS**, or **SWEET RUSH**. This is a fine aromatic



grass, and flourishes well in any good soil. It is propagated by slips from the root and only requires watering. It is used as an infusion and in tea.

**LETTUCE.**—There are various sorts; the most esteemed are the cabbage, red and brown cos-lettuce. For early salading the seed may be sown at the commencement of the rains, although neither are in perfection until the cold season. They are mostly raised in small beds, and then transplanted into others at about one foot apart, or on ridges around other vegetables; they do not require any particular care. The ground should be light and rich, and when the plants are of a sufficient size they should be tied up. This may be done with shreds of plantain-leaf or twine.

**LOVE-APPLE, OR TOMATO.**—Goot Begun, or Belatee Begun. The produce of South America—a genus of the same class as potatoes. There are two sorts, single and double. May be sown immediately the rains commence, in beds, afterwards transplanted in rows two feet apart, and fastened upon sticks of a strong description. If the soil is good they will grow to seven or eight feet in height. The double, which are the finest, if sown in June ripen in October. The lower branches should be pruned, and a succession of crops may be kept up until April. The small single tomato, with a slight protection from the dry winds, will continue until the rains.

**MARJORAM**—A native of India, and is very easily reared, in beds or pots, either by slips from the roots or seed. It is used for flavouring ragouts, sauces, &c.

**MELON.**—*Hind.*, Khurbooza. The rock, green, and musk are all sown in the Decean at the same time, generally in beds of rivers where the soil is light and sandy. They are very seldom sown in gardens. The seed is put down in November, three or four together, with as rich manure as can be procured. The plants must not be close together; a distance of from six to eight feet is generally

allowed. They come in about March and continue until the rains. In Bombay they are in season at the same time, and a second crop is grown during the rains; this is not the case in the Deccan. The water-melon (*Hind*, Turbooza) is also to be had at the same time, and is grown in a similar manner. The seed should always be preserved from the finest and richest-flavoured fruit, and is better for being three or four years old. The green melon is the finest flavoured, although many of the others are very good. I attribute the melons growing finer in the sandy beds of rivers to the temperature being more equal about the roots than it is in beds in the garden, especially during the night.

**MINT.**—*Hind.*, Podeena. There are three sorts,—spear-mint, peppermint, and penny-royal. The first is generally used for culinary purposes: it may be propagated by layers, or cuttings, or parting of the roots; it requires a moderate proportion of water. In the rains a small black caterpillar attacks the leaves, and will destroy the whole bed if not removed by hand, or by flooding the beds, when the insect becomes detached from the leaves, and is easily destroyed.

**MOREL.**—This species of fungus is found at the latter end of the rains, and generally dug out of white-ants' nests.

**MUSHROOM.**—*Hind.*, Koodrattee. Commonly found all over the country during and after the rains.

*Obs.*—The wholesome sorts of mushroom are readily distinguished by being of a pink or flesh colour in the gills, changing to a darker colour as they get older; they have also a peculiar sweet smell, and another criterion of their being edible is the outer skin peeling off easily.

**MUSTARD.**—*Hind.*, Rai. This is of two sorts, white and black; the former is generally cultivated for salad, and is grown in a similar manner to cress; the black mustard seed is used for sauces, pickles, and oil.

**NASTURTIUM.**—This is either grown from cuttings or seed, and merely requires protection from the hot winds to flower

all the year round ; it grows much better in beds than pots. The flower and leaf are eaten mixed with other salads, and the seeds when green are pickled.

**NOLE-COLE**—Must be sown exactly in the same manner recommended for cabbage, broccoli, &c. It comes in early and remains in season until April. If watered during the hot weather and taken care of, it will, when the rains commence, throw out sprouts, and form other nole-cole on the old stalk, which may either be used or slipped off and planted ; they will not be so fine as those raised from seed, yet are fit for use.

**ONIONS.**—*Hind.*, Peeaz. This vegetable is common all over India, and is sown broadcast. When about six inches high it is pricked out into beds six fingers' breadth apart ; it is sown at almost all seasons of the year, and seeds without difficulty.

**ORACHE, or MOUNTAIN SPINACH.**—Of this there are several varieties, commonly known as red and green sag ; the leaves are slightly acid. Both are boiled as spinach, but the red is most esteemed. Propagated by seed ; no particular soil required.

**PARSLEY**—Ajmood, or Pitterislee—Is cultivated from seed ; it may be sown in beds or rows where it is to remain. The plants, when about two or three inches high, should be thinned, and a space of a foot left between each. If watered and taken care of, it will continue all the year round. It is a good plan occasionally to cut down the leaves to within four inches of the root, as it makes the parsley throw out young and fresh ones. It bears transplanting well. Always give the preference to European seed. The common parsley of the country is very insipid. The roots of parsley are much used in French cookery.

**PARSNIPS**—Juzur. This vegetable is very difficult to rear, as it does not often happen that the seeds come up ; they should be sown broadcast in beds of a rich soil, and the plants when

of a sufficient size carefully thinned, leaving a space of one foot between each plant, and the weeds removed. They may be transplanted, but it must be done with the same care as recommended for beet-root. The proper time for sowing the seed is the latter end of July, and they will come in during March and April. It goes to seed freely, but the roots grown from it are by no means fine the second year.

PEAS.—*Hind.*, Buttana. The large white, green, and brown are now the common peas in the Deccan; the latter sort are boiled and eaten often in the shell. Peas may be sown in the beginning of June, and continued at pleasure until February, though it will be found that those sown between the 10th of July and the middle of October seldom yield a crop much above the quantity sown (when the weather becomes too warm and the stalks dry up), although I have known peas to be had much later from the sheltered gardens in the city of Aurungabad. The method of sowing is very simple; they should not be too thin, or placed deeper in drills than two inches, and a space of three feet between the rows. I generally sow my first crop in double rows, with a space of a foot between; when they are ready to climb, I earth up both sides well, leaving room for the water to run in the middle. I then place good strong sticks in the centre of the rows, and on the outer side of each lay good old manure, after which little trouble is required. Keeping them free from weeds is of course essential, and if you wish to preserve the seed, take care and remove any of the plants that appear of a different kind when in blossom; also draw out all the thin and bad-looking plants, to prevent the farina impregnating the good; and if this seed be the produce of the rain crop, you will find, if sown again in cold weather, they will be much finer and last longer than the seeds of the former season. I was led to observe this from seeds that had fallen and grown up of themselves. If you sow for late crops, put them down in single rows and the lines from east

to west; this enables the sun to act upon the whole, and prevents mildew from damp on the stalks. In growing crops that you do not intend to stiek, it is advisable to put brushwood on one side for them to creep over, which prevents much loss in seed from damp and otherwise.

POTATOES.—*Hind.*, Aloo. This vegetable in some parts of India is grown all the year round; on the Neilgherry and Mahableshwar hills they are in abundance. They should be planted in rows about one foot apart and five or six inches deep; the space between each row, if ground can be spared, eighteen inches, otherwise a foot. The ground should be light and loamy, and as little infested with white-ants as possible. They can be sown at the commencement of the rains, but the spot should be selected where the water cannot lodge and is easily let off, which may be done by keeping the end of the channel between the ridges open. At this season plant your potatoes on the top of the ridges, and do not water them unless necessary, as too much water makes them run to stalk. If your ground has not been well ploughed previous to the rains setting in, and all the weeds destroyed, the chance is your crop will fail; but should you have your ground ready, take your potatoes intended for seed and cut them into pieces, taking care that each slice has at least two eyes in it; and as you cut the slices, whilst fresh, dip the cut side of each into wood-ashes and let them dry well, which takes place in a few hours: this I think prevents the white-ants' attack. Sow each slice from nine to twelve inches apart, and place by the side of each a small clove of garlic, which in some measure tends to prevent the attack of a large grub-like caterpillar very destructive to the plants.

*Obs.*—With respect to the grub, it is the larva of the black beetle, and the eggs must be in the manure when added to the soil. I have little doubt that if the manure was previously worked up two or three times during the hot season and exposed to the heat of the sun, the eggs would be



destroyed; or the same purpose might be effected with a little fresh lime. I am certain the caterpillar does not travel to the plant as is supposed.

The finest crops in the Deccan are sown from the beginning of October to the latter end of December, and this last crop will be found the most productive. Fine crops of potatoes have been grown where hemp has been first sown, and when about two feet high ploughed up into the ground. If, when your potatoes are about flowering, you perceive any of the stalks wither, carefully open the earth and look for a grub which you may be certain is feeding upon it; of course destroy it. When these grubs are very numerous, it is necessary to search all the drooping plants daily; the larva is brought with the manure, and is the deposit of a beetle; however, nothing can be done but destroying them. Some recommend a bag with a small quantity of asafœtida to be placed in the water-course, as a remedy when the plants are being irrigated. Again, another insect deposits its egg on the stalk of the plant. In the rains a small caterpillar eats its way into it above the ground, when the plant immediately droops; the only remedy is to remove the whole. Be careful at all seasons to keep the stalks well earthed up, and let the potatoes have a moderate supply of water; of course the season must be your guide. I one year raised a very fine crop of potatoes during the rains by sowing them on ridges, and only watered them at first in consequence of want of rain; they were sown in the beginning of July, and a few taken up in the latter end of September. Some of the potatoes weighed from five to seven ounces, and were equal to any I have seen grown on the hills.

In the latter end of August, by way of experiment, I took offshoots from the lower end of the stalks when they were abundant, and planted them in rows the same distance as for seed; and on taking them up in November I found four or five large potatoes produced by each stalk the size of a duck's

egg. This plan I strongly recommend to those persons who may not be able to get fresh seed after the rains. I did not find that the rows of potatoes from which the slips were taken produced fewer potatoes in consequence, as I weighed the whole and kept a memorandum for my journal.

**PUMPKIN, RED AND WHITE.**—*Hind.*, Kuddoo. This vegetable grows in great abundance in all parts of the Deccan. It is generally sown at the commencement of the rains, and requires no particular care; the soil should be light and good. When young, about the size of a goose egg, if cut and boiled, it will be found to resemble the artichoke bottom dressed in the same way.

**PURSLANE**—*Portulca Sativa.*—*Hind.*, Choollee. Round stem, fleshy leaves, and slightly acid. It is used as an ingredient in salads. It is reared by seeds sown at the commencement of the rains, and will thrive in any soil.

**RADISH.**—*Hind.*, Moollee. This vegetable may be sown at the commencement of the rains, either in beds broadcast or on ridges of beds where other vegetables have been planted. I prefer the ridges in the rainy season, as I think they grow better. You may continue to sow them until February. The turnip-radishes are of various colours—white, red, Spanish black and purple; also long white, red, and purple. The seeds should be trodden in or beaten down, and then a good watering given to them. When about three inches high they must be carefully thinned, leaving at least a space of five fingers' breadth between each plant. They take from three to five weeks to come to perfection, and require a good share of watering. The seed-pods are often used for pickles when green.

**ROSEMARY.**—This plant is an evergreen and highly aromatic, and grown precisely the same as lavender.

**SAGE.**—A perennial, native of the south of Europe; it grows in all the gardens, and is propagated by seeds, layers, and slips, without any difficulty. It is used for seasoning.

**SCORZENORA AND SALSIFY.\***—This is a long white, milky-juiced root. Grows without any difficulty after the rains. It is an annual from the south of Europe. It should be sown either in beds, broadcast, or planted out in rows at a distance of a foot apart. The root when boiled and dressed is rather a delicate vegetable. It comes to perfection in three or four months.

**SHALLOT.**—*Hind.*, Gundhund. Propagated the same as the chive.

**SPINACH.**—The native country of this plant is unknown. It may be sown in the rains, but it succeeds best in the cold season ; it should be sown in lines a foot apart, or in beds, broadcast, lightly covered over. It requires a moderate share of irrigation. The native vegetable, called Seo Pollok, when boiled and dressed, very much resembles it.

**SPINACH, NEW ZEALAND**— Is a hardy annual, with fleshy leaves and numerous branches. As a spinach it is as valuable as the Orache. If watered, it grows freely and produces leaves in the hottest weather.

**THYME**—*Thymus Vulgaris*—*Hind.*, Eepar. Very delicate plant to rear. Is best raised from seed, but it may be increased by slips and dividing the root. It requires a rich soil, and the space of six inches between each plant. Best grown in pots.

**TURNIPS, ANNUAL.**—The produce of Britain. These are cultivated in all parts of the Deccan at the commencement of the rains and the cold weather. They continue until the latter end of February and go to seed easily. The soil should be rich and light, and they may be sown broadcast and then transplanted, either in rows or ridges, and a space of at least six fingers'-breadth allowed between each. In the rains a small caterpillar is bred on the leaves, which, if not removed, will destroy the whole.† One species grows above the ground.

\* **SALSIFY.**—This is the black scorzenora, and requires the same treatment.

† There are several varieties—white, yellow, red, &c.

VEGETABLE MARROW, or SQUASH. — *Hind.*, Suppra Roomro. This is a very delicate vegetable of the gourd species. The crooked-necked, when about six inches long, is well flavoured, but soon gets hardy and stringy. The pear-shaped is the best of any, but must be dressed when young. Propagation only by seed, and the plants should never be removed, but remain where sown, only thinning the weakly ones. The soil should be a rich loam, the same as for cucumbers. Train the plants on sticks. It is often necessary to fertilize the female blossoms by approaching the anthers of the male flower when charged with pollen.

WATER-CRESS.—A native of Great Britain. Is generally raised from slips. It thrives best in a running stream, and is to be had all the year round. It is grown from seed in beds near a water-course, and the supply may be kept up for any length of time. A small black caterpillar is very destructive to it; the only remedy is flooding the plants for an hour or so.

## NATIVE VEGETABLES, GREENS, ROOTS, LEGUMES, &c.

ADRUK—*Zingiber Officinale*—Ginger. It is a native of India, and is sown at the commencement of the rains, in beds of about six feet square, and in a rich cultivated soil. The planting consists in dividing part of the green root, which the natives first soak in a mixture of cow-dung and water; it is then planted about two inches deep and one foot apart. It requires a great deal of water and must be kept clear of weeds. When the stalks dry, the ginger may be taken up, although it is sometimes left in the ground for a couple of years. It is better for remaining twelve months, and must be watered during the dry season.

AJMOOD—*Apium Petroselinum*—Parsley. See page 531.

AJOWAN—*Ligusticum Ajowan*—Lovage. This plant is grown by the native gardeners for the seed only, which, from its highly aromatic property, is used for culinary and medicinal purposes. Propagated by seed and grown in square beds. The seed is sown in September and October.

ALOO—*Solanum Tuberosum*. See *Potatoes*, page 533.

ANASPHUL—*Illicium Anisatum*—Star Anise. Is brought chiefly to India from China, and is used for flavouring native dishes.

AMBAREE KEE BHAJEE—*Hibiscus Cannabinus*—Hemp-leaved Hibiscus. This is an erect-growing plant, of the height of about four feet. It is slightly prickled over the stem. The leaves have an acid taste and are used as a pot-herb. There is a dark, purplish-coloured species, the leaves of which are used for a similar purpose. They are both grown all the year round. Propagated by seed and grown in any common garden soil.

BAKLA—*Vicia Faba*—Garden bean. This is cultivated at the same season and in the same manner as the kidney (see page 522.)

BAKLA ZUN—*Phaseolus Vulgaris*—Kidney bean, dwarf. See *Beans*, page 522.

BAUJEREE—*Holcus Spicatus*. This is a very common grain, not so heating as jawaree, and may be made into cakes or porridge. Sown in fields at the commencement of the rains.

BHANG-U-GUNDUNA—*Allium Tuberosum*—Indian chive. This very much resembles the English chive. It is grown in square beds or rows and should be planted at the close of the rains. It is easy of culture, either by slips or dividing the roots, and should be set twelve inches apart. When the bunches have grown to a large size it must be again divided. It is used in various ways for the table.

BHEENDEE—*Hibiscus Esculentus*—Bandaky. This plant is very common. The long capsules, when green, are used



for various purposes, either boiled whole and eaten sliced, or put into soups or curries. The inside is of a slimy consistency, but, when dressed, not unpleasant. The seed is sometimes laid upon toast, with butter, pepper, and salt. Another species, the Okro, has a smaller capsule, which grows upright. The seeds when rubbed between the fingers have a strong scent of musk. The Arabs flavour their coffee with it.

BCODUNK—*Mentha Pulegium*—Penny royal. Cultivated the same as thyme (see page 536).

BOORUNK, KALA — *Ocimum Basilicum* — Sweet basil. Grows common in native gardens; the seeds are used medicinally, an infusion being considered very cooling.

BOOTA—*Zea Mays*—Maize. Grown at the commencement of the rains, and sown in beds or in the common fields. It requires little care. The heads are either boiled or roasted before eaten. The ground should be well manured before the seed is sown.

BRINJALS, or BINEGUN—*Solanum Melongena*—Egg-plant. There are several varieties of this plant: a large round-shaped fruit, both purple and white; another, white, thin and long; a smaller species again, pear-shaped, red and purple striped; and one seldom exceeding the size of an egg. They are all dressed alike, and used both in curries and other native dishes. Propagation by seed at the commencement of the rains. The young plants are placed at about eighteen inches apart, and require watering every third or fourth day.

BUKUM—*Cæsalpinia Sappan*—Narrow-leaved brasiletto. This is a common shrub in most parts of India. The seed is used for colouring milk, and the wood as a red dye.

BULLUR—Variety of the *Dolichos Lablab*—Small bean. This is a shrubby plant bearing a small bean, sown in June and ripe in October. It is boiled plain and eaten, or put into curries; the natives also give it to cattle.

BUNBUREUTTEE — *Phaseolus Lunatus* — Duffin bean. Sown in rows the same as other beans, but with a much

greater space between. They require very strong sticks for support, and are ready in about six months. No very particular care is necessary.

BURRIE TOOVAR—*Cytisus Cajan*—Large dhal. This is sown in fields at the commencement of the rains in June, and sometimes much later; it is ripe in December. The seeds are sometimes ground into flour or split like dry peas; for the latter they are an excellent substitute. There are several varieties.

BUTANEE—*Pisum Sativum*—Common pea. The country pea is sown after the rains in drills, and varies in price, according to the quality. When green they are tolerable as a vegetable, but are best in soup. Procurable in December and January.

CHUNNA—*Cicer Arietinum*—Chick pea or gram. Grown in fields and sown after the rains.

CH'HOTA KULPA—*Borago Indica*—Indian borage. This is a common plant, and grows wild in many parts.

CHOOKEH—*Rumex Vesicarius*—Sorrel. This is also of common native growth, and, where water is abundant, may be had for eight months in the year. It is sown in drills or on the edges around other beds. There is also another species called the Indian red sorrel.

CHOO LAEE—*Amaranthus Polygamus*—Common bajee. Much cultivated by the natives. It is sown broadcast in beds from June to March. Used as greens and also in curries.

CHOO LAEE—*Spinacea Tetrandra*. This is a common sort of native greens, and when boiled resembles spinach. It is procurable nearly all the year round.

CHOO FREE ALOO.—Tubers roundish, very large, white inside, and much esteemed; the skin thin and smooth like a potato. The stems require strong sticks to creep over. It bears a large roundish fruit, like an oak-apple in appearance, which is also edible.

CHOTIE SAYME KE PULLEE—*Dolichos Lablab*—Native

bean. This is a smaller species of the *Dolichos Lablab*. The legume and seeds are both eaten. It is sown in the rains.

CHUCHOONDA — *Tricosanthes Anguina* — The snake gourd. This is sown in the rains, and grown generally over a high pandal, that the fruit may have space to hang down from; a small stone or weight is then tied to the end to increase its length, which varies from a foot and a half to three feet or more. Raw, it resembles a cucumber in flavour, but is better dressed in a stew or curry. See *Beet-root*, page 522.

CHUCKOONDA — *Beta Vulgaris*. — Common beet. See page 522.

DARCHEENEE — *Laurus Cinnamomum* — Cinnamon. This is brought from Ceylon and the Spice Islands.

DHAN, or CHOUL — *Oryza Sativa* — Rice. Is so common as not to need any description here.

DHILL PUSSUND — *Cucurbita Lagenaria* — Small pumpkin. This is a small species of round squash or gourd, and is grown in the beds of rivers with melons. It much resembles, when dressed, the vegetable marrow, and is thought by some to be even superior.

DHUNEEA — *Coriandrum Sativum* — Coriander seed. This is also imported.

ERVIE — *Caladum Esculentum* — Urvie. This is a small bulbous root sown from March to July, in rows or beds; mostly along a water-course where ginger is planted. It requires much water, and takes from six to seven months to ripen. When boiled and then roasted it is very wholesome, and somewhat resembles a yam in taste; the natives also put it into curries.

GAJUR — *Daucus Hortensis* — Carrot. See page 524.

GUNDUNA — *Allium Porum* — Leek. See page 528.

GURANTO ALOO — *Dioscorea Rubella* — Red sweet yam. This is oblong and red-skinned, root tuberous, deeply tinged

with red under the skin, but the colour does not penetrate deep. They sometimes grow as much as three feet long in a rich light soil.

GURANY ALOO, LAL—*Dioscorea Purpurea*—Purple yam. Root oblong, throughout of a light or dark purple, but always very deeply tinged. This colour is permanent.

HULDEE—*Amomum Curcuma*—Turmeric. There are four species of this plant: one a small and very fine sort; another longer and coarse; the third, the Ambie, used chiefly as medicine; the fourth a wild species. That which is cultivated for domestic culinary purposes is sown in beds like ginger, and when ripe, as it is in twelve months, taken up and dried. It is extensively cultivated in most parts of India.

HULEEM—*Arabis Chinensis*—Cress. See page 526.

ILLACHEE—*Elettaria Cardum*—Cardamom. This spice is imported.

IPAR—*Thymus Vulgaris*—Thyme. See page 536.

JAWAREE—*Holcus Saccharatus*. Grown in fields and sown during the rains; it is the common food of the poorer classes, made, when ground, into cakes.

KALA KUSTOORIE—*Hibiscus Abelmoschus*—Musk okro. See *Bheendee*, page 538.

KALEE MURCHEE—*Piper Nigrum*—Black pepper. Although principally the produce of the Eastern Islands, it is grown of a superior quality on the Malabar Coast. The root is a tonic and cordial.

KALEE SEEM — *Stizolobium Altissimum* — Assam bean. This bean is grown like most others, and may be first sown at the commencement of the rains and continued during the cold season.

KALEE TULSEE — *Ocimum Sanctum* — Basil. This is grown in almost every native garden, and is used for various purposes by Europeans for flavouring sauces, in wine or vinegar.

KAM ALOO — *Dioscorea Alata* — Winged yam. Tubers

oblong, brown on the surface, internally white, and of great size. Besides the tubers, the proper roots of all these plants are fibrous, springing chiefly from and about the union of the stems with the tubers, and spreading in every direction.

KHEERA—*Cucumis Sativus*—Cucumber, common. See page 527.

KHURBOOZA—*Cucumis Melo*. See *Melon*, page 529.

KHUSH-KHUSH — *Papaver Somniferum* — Poppy seed. This is simply the seed of the poppy. It is used in confectionery and to make oil.

KOOLEE BEGUN—*Solanum Longum*—Egg plant, cylindrical. See *Brinjal*, page 539.

KUDDOO—*Cucurbita Lagenaria*—Bottle gourd. This is grown at the commencement of the rains. A good soil is all that is necessary, requiring no further care.

KUKREE—*Cucumis Utilissimus*—Green cucumber. A large coarse kind of cucumber, sown with the melons and other fruit in the beds of rivers.

KULAE—*Phaseolus Trilobus*—Three-lobed bean. Sown like other native beans.

KULMEE SAG—*Convolvulus Repens*—Creeping bind weed. This grows wild. The leaves are eaten by the natives.

KULT'HEE — *Dolichos Biflorus* — Two-flowered bean. This is grown in fields after the rains, and is chiefly used for cattle. When given to horses it must first be boiled. They soon become very fond of it, and keep in as good condition upon this as on other kinds of grain.

KUREELA—*Momordica Charantia* — Bitter hairy gourd. This is a creeper, sown at the commencement of the rains, and may be continued during the cold season. It is a bitter fruit, very rough skinned, and from four to five inches long. The edges have a very wrinkled appearance. When ripe, it is of a beautiful deep red and yellow. The natives fry and eat them, but they are principally used in curries. They require to be soaked in salt and water before dressing.



KURSUMBULLE PULLIE — *Dolichos Lunatus* — Duffin bean. This is a very fine sort of large bean, and when dressed resembles the Windsor. It is grown like all other beans that require sticks for support.

LAL SAG—*Amarantus Giganticus*—Spinach. The leaves of this plant are eaten as spinach. It is generally sown broadcast, and is procurable all the year round.

LOOBEA—*Dolichos Sinensis* — Asparagus bean. This bean is sown at the commencement of the rains. It has a long and slender pod, and is boiled and eaten as French beans. The bean itself is small.

LUSSEN—*Allium Sativum*—Garlic. See page 527.

MEET'HEE—*Trigonella Fænum Græcum* — Fenugreek. This is a small annual, commonly cultivated during the cold season. The greens are used by the natives, and the seed is put in curries. It is sown like all other common greens.

MEET'HEE BHAJEE — *Amarantus Oleraceous* — Greens. There are two sorts of these common greens cultivated in all native gardens. The leaves are eaten as spinach or put into curries.

MEET'HEE KUDDOO—*Cucurbita Pepo*—Sweet pumpkin. This is grown at the same time as all the other species, and if hung up in a dry place is an excellent store vegetable, keeping for several months.

MIRCHIE — *Capsicum Frutescens* — Capsicum. See page 524.

MOONG AROOD—*Phaseolus Mongo*—Green gram. This is chiefly grown in the upper parts of Hindostan. It is eaten by the natives dressed in various ways.

MOONG P'HULEE—*Arachis Hypogæa*—Earth-nut. This is grown under ground, the legumes of which contain the nuts; they are small and white, and require to be roasted before they are eaten. They are not in much esteem.

MUKHUM SEEM—*Dolichos Gladiatus*—Sabre bean. This is a large kind of bean, sown at the same time as others

It requires strong support to run over. They are dressed the same as French beans, but are not so tender.

MUTKE'KE PULLIE—*Dolichos Fabæformis*—Small sabre bean. This is grown the same as the larger sort.

NURCHA—*Corchorus Olitorius*—Sag greens. This kind of greens is common amongst the natives. It is an erect-growing plant, and flowers at the close of the rains.

PALUK SAG — *Becta Bengalenses* — Bengal beet. The leaves only of this vegetable are eaten; when boiled it resembles spinach in flavour. The roots are tough and stringy. It may be sown in beds or rows. The leaves shoot out again after being cut down.

PAN—*Piper Betel*—Betel pepper. This is cultivated in spots by itself. It requires much water and care, and is too well known to need any further description here. The leaves are chewed raw.

PEEAJ—*Allium Ascalonium*—Shallot. This is cultivated in a light rich soil, and propagated by dividing the clustered roots. It should be sown in beds at the commencement of the rains, and will give a crop during the cold weather.

PEEAJ—*Allium Cepa*—Onion. See page 531.

PENDALOO—*Dioscorea Aculeata*—The small yam. This is a very valuable and delicate root, somewhat resembling the sweet potato in appearance; tubers of an oval form and very white, generally weighing about two pounds.

PHOOT—*Cucumis Momordica*—Field cucumber. A wild species of cucumber, sown generally in the fields amongst jawarce, and is something between the melon and cucumber. It keeps for a long time if not too ripe, and would be valuable as a store vegetable for sea.

PIPEL—*Piper Longum*—Long pepper. This is a creeper of easy culture, and should be trained up poles or have strong sticks to grow upon. It is common in all parts of India.

PODEENA—*Mentha Verticillata*—Mint. See page 530.

POE — *Casella Alba et Rubra* — Malabar nightshade.

These are twining succulent plants, with smooth fleshy leaves. They grow very rapidly and are generally cultivated as a spinach. There are two sorts. Only the leaves are eaten.

PULPUL—*Myrtus Pimenta*—All-spice. This is imported.

PULWUL—*Trichosanthes Dioica*—Dioceous snake gourd. This is one of the snake gourd species, of a small description, the size of an egg. The seed is sown in the cold season, and it yields fruit from March to September. Much used in curries.

RAI—*Sinapis Trilocularis*—Mustard. See page 530.

SALBEA—*Salvia Officinalis*—Sage. See page 535.

SAYME KE PULLIE—*Dolichos Lablab*—Native bean. These beans are sown in the fields, like all others, in rows, and are eaten either boiled or put into curries.

SAYME KE PULLIE, LAL—*Dolichos Lablab Rub*—Native bean, red. This bean, when young, is eaten pod and all; when full grown the seeds only are used. It is about five inches long, and has its name from the reddish colour of its edges.

SHULGUM—*Brasica Rapa*—Turnip. See page 536.

SOOT'HNEE—*Dioscorea Fasciculata*—Yam. This consists of many tubers about the size and shape of an egg. They are covered with a light-coloured thin skin; internally they are white. They are not only eaten, but starch is made from the root.

Souf—*Anethum Panmorium*—Sweet fennel. See page 527.

SUFEDÉ TULSEE—*Ocimum Alba*—White basil. Chiefly grown in native gardens.

SUFURA KOOMRA—*Cucurbita Ovifera*—Vegetable marrow. See page 537.

SUKUR KUND—*Convolvulus Batata*—Sweet potato. A sweet-tasted nutritious root, of which there are two sorts, red and white. The tubers are long, and when boiled or roasted they are very wholesome. They are sown precisely

in the same manner as a potato, after the hot season, and are fit to be taken up in six months.

**TURBOOZ**—*Cucurbita Citrullus*—Water-melon. This is grown in the beds of rivers in the hot season, but may be cultivated in gardens during the rains.

**ZEERA**—*Cuminum Cyminum*—Cummin seed, black and white. This is grown in beds the same as the coriander. The seeds are used for seasoning curries. Principally brought from China and the Persian Gulf.

**ZEMMY KUND**—*Datro Purpurea*.—A species of purple yam. Tubers sub-rotund, purple throughout, very large, of an irregular, smooth, roundish shape, and growing near the surface, so as to appear in dry weather through the cracks they make by raising the soil over them.

**ZURUMBET**—*Curcuma Zerumbet*—Zeodary, four sorts. See *Huldee*, page 542.

## FRUIT TREES AND THEIR CULTIVATION.

**ALMOND, PERSIAN**—*Amygdalus Communis*—*Hind.*, Badam. This tree never bears fruit, and is only grown as an exotic. It might be used as stocks for the peach, plum, &c.

**ALLIGATOR PEAR**—*Laurus Persea*. This tree grows to a large size. The wood is very brittle. It requires much water, and bears fruit during the rains the size of a baking pear; but to describe it more accurately, it is from six to eight inches long, and in the thickest part about three inches in diameter. It is called Subaltern's Butter. The outside has a dark green skin, rather thin, and inside a salt whitish pulp which may be easily divided with a spoon. The seed is about the size of a pigeon's egg, and will grow if planted immediately. The flavour of the pulp is sweet and creamy, and perhaps the name of Subaltern's Butter is derived from this particular taste and appearance. The natives do not seem fond of it.

APPLE, ENGLISH—*Pyrus Malus*—Sycb, or Seba. In the Deccan I have met with two sorts, one like the brown russet and the other a yellow-striped pippin. These trees only bear once a year, and require the same treatment as the Persian apple. They should have their roots open once, towards the end of October. The buds grafted on the Persian stock take readily.

*Obs.*—Be careful that the borer ( a species of caterpillar ) does not get into the stem or branches, as it is very destructive to all fruit-bearing trees of the apple and plum kind. It is found in the woody part of the tree as well as in the bark, eventually destroying the branch, and even the tree itself. Its presence may be known by a quantity of dry sawdust-like wood, hanging by light filaments from the entrance made by the insect. To destroy it, make an infusion of asafœtida, and after removing the dirt from the entrance of the hole pour some into it; have ready a little dough made with flour and water, stick a bit the size of a pigeon's egg over the hole and let it remain; in the course of an hour or so you will find the caterpillar imbedded in it. Or else take a little vinegar and water in equal parts and pour into the hole, watch for a minute or two, and as soon as the insect begins to move a small bubble will be seen on the mixture, and the black horny head slowly appearing at the entrance of the hole; then with any sharp-pointed instrument—a pin or long thorn will do—run it through the neck, and give the insect a sharp twist out.

APPLE, PERSIAN OR COMMON.—The two sorts of apples commonly found in most native gardens of the Deccan are said to have been first introduced from Persia. They are of a small description: one, sweet and luscious, grows in bunches; the other, which is larger, has a rough taste, and is better adapted for tarts. They may be propagated by layers, suckers, and even cuttings.

The young plant should never be allowed to throw out



branches at less than two or three feet from the ground; all the buds beneath must be rubbed off. Never plant them closer than from nine to twelve feet apart, and if you have sufficient ground keep them separate from other trees, so that you can either winter or water them as you wish. Remove all suckers round the stem of the tree or from the roots (unless required for stocks), and then cut them clean off with a sharp knife. The trees may be opened immediately after the rains, if not in blossom. Pluck off all the leaves carefully, and beware in so doing that the blossom-buds are not injured, which native gardeners, from the careless manner in which they strip the leaves, are very apt to do; then prune the tree. As soon as the blossom appears, put plenty of old rich manure to the roots, and water well every third day until the fruit is nearly ripe. If you continue watering after this it makes the fruit mealy and insipid. When the fruit is all gathered, cease to water the tree; and as soon as the leaves turn brown and dry, which will be in the course of a month, open the roots for two or three days, cover with manure again, and water well as before, when you will probably get a second crop in April or May.

APRICOT — *Prunus Arminiaca*. This tree I have seen grow to a large size in a garden at Aurungabad. It blossomed at the same time with the peach, from January to March. The fruit formed and grew to the size of a common marble, after which it dropped off. Every care was taken to prevent this, but all attempts were useless, and I believe the trees are now dead. I made many efforts to get buds to take on peach and almond trees, but did not succeed. I also tried by approach with no better result. It grows well on the first range of the Himalayas. Treatment—the same as the peach.

BERBERRY—*Berberis Asiatica*. This tree is found in the hills of Nepal, and most probably on the Neilgheries. I met with it first in Deyrah Doon. There is a large and

small blue-fruited sort, as well as the red. I have never seen it in the Deccan. The trees have blossomed in the Botanical Gardens at Calcutta.

**BHERE FRUIT** — *Ziziphus Jujuba*. This is a common wild fruit tree, and grows in almost every jungle. The fruit is astringent, but sometimes of a pleasant sub-acid flavour; eaten chiefly by wild animals and the poorer classes. It is more specially cultivated by Mussulmans round their tombs. The fruit is oblong, containing a stone, and bears twice in the year, the best crop about January; after this is done, the tree is pruned by cutting off nearly all the smaller branches. A second crop succeeds on the new wood in the rains, but, from being full of maggots, is not eatable; even in the cold weather very little of the fruit is free from this insect. The natives pretend that they have a remedy which prevents the fruit from being attacked, but I have never known it succeed. The flavour is something like that of a fresh apple, and when large and fine is by no means to be despised. I have succeeded best by budding from a good tree on a common stock raised from seed. It will bear well in two or three years, but requires care and watering at first. A fine gum-lac is produced from this tree; the cocoon of the wild silk-worm is often found attached to it.

**BILIMBI**—*Averrhoa Carambola*—Bilimbi. This tree is very common, and bears small lateral pink flowers during the rains. The fruit is angled, and there are two sorts—sweet and acid. The former is much the smaller of the two, and seldom exceeds a couple of inches in length; the acid sort are much larger. They are both used for jellies and tarts. The tree is easily produced from ripe seed, and will grow in any tolerably good soil. Two crops during the year may be procured by watering the trees.

**BLACKBERRY**—*Rubus Lasiocarpus*—Kalla jamb. Now cultivated generally in the Deccan, and first believed to have been brought from the Mysore hills. It grows easily

from seed. A few of the ripe fruit rubbed on a sheet of paper and dried in the sun will enable you to forward the seed to friends at any distance. (The same with the strawberry.) The plants should never be nearer than four or five feet, and may be cut down at the commencement of the rains, when they will throw out fresh shoots and bear fruit in abundance. As it requires little care, and only an occasional supply of water, this bramble forms a very perfect and secure hedge to a kitchen garden. The finest fruit is very inferior to a common raspberry.

**BREAD-FRUIT TREE** — *Artocarpus Incisa*. This tree is found of a large size in Bombay, and is also to be met with in a few parts of the Deccan. It bears a fruit the size of a large orange or small pumplenose, with a muricated rind. It seldom ripens in Bombay, the fruit falling off in the cold season. Like the jack, it bears fruit both on the branches and roots, which also afford a thick milky juice convertible into bird-lime. The fruit, cut into slices and fried, has something the flavour of a sweet potato dressed in a similar manner. It will grow from cuttings, and requires a light soil, with care and watering at first. There are several species, but I have only met with one.

**BULLOCK'S HEART** — *Anonã Reticulata* — Ram-phol. This tree grows to a large size. The fruit is so called from its resemblance to the heart of the animal. The colour is a dark-brownish red. When ripe it is a soft, sweetish, pulpy fruit, but has not the fine flavour of the custard-apple. It is ripe from November to June, and not much esteemed by Europeans.

**CAPE GOOSEBERRY, or BASIL** — *Physalis Peruviana* — Tippiaree. This plant grows luxuriantly in a good soil. The seed should be sown at the commencement of the rains, and when about six inches high planted out in rows at least two feet apart, and at such a distance between as will enable the gardener to pass easily between each row. The plants may

be grown either on a trellis or stieks, and should be earefully pruned. The young shoots bear the finest fruit, and if earefully attended to will bear almost all the year round. The fruit will repay abundantly for any extra care bestowed upon it. It is hardly known to what a state of eultivation this apparently worthless fruit may be brought, simply from its easy eulture, and yet we have not a fruit more useful for tarts, and even a dessert, that I know of; and it is really worth the attention of families to eultivate with eare. It makes an exeellent jam or preserve, besides being a most wholesome fruit; and if earefully attended to, the size which it will aequire is not to be at first imagined, after seeing the eommon growth, without care or attention of the fruit itself. The bush should be every now and then earefully pruned, cutting out the old wood, as the new shoots provide the finest flavoured fruit.

CASHEW-NUT — *Anacardium Occidentale* — Kajoo badam. This tree grows wild to a large size in many parts of the Deeean, and is found in native as well as European gardens. It is very ornamental when in leaf, bearing sweet-smelling flowers, sueceeded by a pear-shaped fruit of a yellow and red colour, which is eaten by the poorer elasses. The nut hangs at the end of the fruit outside, and is of a kidney shape. Between a double shell eovering the kernel is a very aerid juiee, which, if, applied to the skin or inadvertently to the lips, immediately raises a blister. The juice is sometimes used for marking linen, as it is impossible to wash it out. The milky juiee from the tree will also stain linen a dark brown eolour. The kernel when roasted is very sweet and pleasant, but is considered rather astringent. In the West Indies the fruit or apple is bruised, and a juiee expressed from it and fermented, which produes a sort of wine; and if distilled, a spirit is drawn from it which makes excellent punch. The gum that exudes from this tree is valuable from its resemblance to gum arabie.

CHERRY—*Prunus Cerasus*.—This tree is met with in the hills north of Deyhra Doon, in the wild state, producing a small black fruit fit only for preserves.

COCOA-NUT TREE—*Cocus Nucifera*.—Narial. It is too well known to need description ; but in the interior, where it may be scarce, it is only necessary to say that if cultivated it will readily grow ; and fresh ripe fruit from the tree, if stripped and deprived of its husk and planted in a moist soil, soon sprouts. It requires care and watering for three or four years, after which it will grow of itself. The top sprouts of a cocoa-nut tree, or the cabbage as it is called, which is nothing more nor less than a large bud, if procured fresh, makes a most excellent pickle. It is white, and resembles a good almond in flavour ; the same of the date palm.

FALSA—*Grewia Asiatica*. This shrub is generally cultivated in most fruit gardens ; it bears a dark purple berry, when ripe, containing one or two small stones. The fruit is made into sherbet by pouring boiling water on it, and when cool adding sugar to the taste. The plants are generally cut down almost to the ground in November, and even the leaves are burnt round the stalks, after which the roots are opened and manured, and watered occasionally, when new shoots spring out. The fruit is borne near the axilla of each leaf ; when of a dark purple they are ripe and fit for use.

FIG—*Ficus Carica*—Unjcer. This tree bears fruit almost the whole year round. There are two varieties, the white and blue, cultivated in all the native gardens, the young trees producing the finest fruit. The Italians, as the fruit begins to ripen, prick each with a pin, putting a drop of sweet oil on the spot ; it is said that this causes an increase in the size of the fruit. The trees may be grown by layers and suckers at the commencement of the rains and during the cold season. Cuttings strike easily in the course of six weeks. The finest fruit that I have seen grown has been on



young trees of two years' old, near which dead animal matter had been buried. The tree should be pruned annually, and the best way is to cut down the old branches that have borne fruit, leaving one or two buds that promise to throw out healthy shoots. The fruit when ripening must be protected from birds, by nets, bags, &c.

GRAPES—*Vitis Vinifera* (Lin.)—Ungoor.\* This fruit is cultivated in the greatest perfection in all parts of the Deccan, and the finest flavoured is found in the gardens in the neighbourhood of Dowlatabad, about seven miles north-west of Aunungabad. The mode of culture is as follows:—The trees are reared from slips taken at the time of first cutting after the rains, and when ready to be removed are put about seven or eight feet apart. They are for the first twelve months trained on dry sticks; after that a large straight branch of the pangrah, with a fork left at the top to support the vine, is placed about twelve inches from it; if put at a greater distance it is apt to give a bend to the vine which is hurtful. The stem of the vine cannot be too straight, and the length of the prop should be about five feet.

The best soil is the white earth with which the natives build their houses, called pandree. The grapes are not so fine if grown in the black soil, losing much of their flavour. The grey soil, composed of the pandree and black, produces fine vines, but the fruit is not so fine and has not so rich a flavour as that grown in the pandree alone.

The vines require watering during the hot and cold seasons every fourth day, after they have been cut for the first crop, at the end of the winter rains, which are mostly over by the end of March. As soon as the grapes are full and ripe, water should not be given to them, except in particularly dry soils. The second cutting commences as soon as the first crop is over; they are full-grown by the commencement

\* There are four sorts—the Hubshe, Sahiba, Fukkrie, and Bokeric, or Abba.

of the rains, and in a very dry season sometimes come to perfection. The principal object in bringing forward this crop is to check a too luxuriant growth of the vine, which, if left to run, weakens the tree. Some gardeners, when the flowers appear for the second crop, pick them all off. In preparing for this crop, the vine roots are open for four days, when the common manure from cattle is put to them and water immediately given : one eye on the shoot at this time is only left.

When the vine, after the rains, is cut for the sweet crop, this method is pursued by the most experienced gardeners, and it is considered almost a secret :—Two pounds of dried fish, four ounces of common salt, and a quarter of an ounce of asafoetida, are mixed up in sixteen quarts of butter-milk, and allowed to digest for three weeks. This quantity is sufficient for five trees. The vine is first cleaned of all its rugged and rough bark,\* which harbours insects ; it is then cut, leaving three or four eyes on each bough only, close to the stem. It is then allowed to drop four days, after which the earth is opened round the roots, and cleared away ; it then remains in this state for four days more, when the earth is again put to the roots mixed with a proportion of the above compost. The vine is left for another three days, when water is given to it. After this the watering ceases until it is in full blossom, when irrigation is continued every fourth day during the season. The vine is seldom grown upon trellis-

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\* And the leaves picked off about three weeks previous to cutting, which is done with the view of hardening the wood. The natives—after the vine has been cut, and previous to the shooting of the buds—go round to each tree, holding a cloth under it, into which they shake off a small insect which is bred on the stem of the vine in the interstices of the rough bark. (This is done morning and evening, and sometimes in the middle of the day.) Another method of destroying the insect is by passing a bunch of lighted tow or hemp suddenly over it : this singes the wings of the insects and they drop off, besides destroying any larva that may be attached to the tree, and probably is the most effectual method.

work, it being too expensive. It should be always exposed to the morning sun and should be kept free from shade. Protection from the north-west wind is desirable.

The fruit of the vine is continually destroyed by blights during the month of November, which come on with the appearance of rain, but end by the blossom and young fruit being withered. Smoking the trees with all the rubbish you can collect, burning it to windward, is useful.

GUAVA, RED AND WHITE—*Psidium Pyriferum*—Jamb. This tree grows in all parts of the Deccan. The fruit is both red and white, pear-shaped and round. It is esteemed as a dessert fruit, but the scent when too ripe is unpleasantly powerful. It makes a most excellent jelly, and is likewise preserved in a similar manner to damson cheese at home. The fruit is sometimes as large as a common baking pear, and I have known one weigh half a pound. They have been brought to great perfection in some gardens, and the fruit, of a large size, divested almost of seed. This sort generally has a very rough knotty coat, and is more spongy and less firm than the other varieties. As plants continually grown from layers in time cease to produce seed, perhaps this variety has been so produced. It is easily increased by seed, and only requires a good soil to thrive in. The trees should be pruned once a year, otherwise the branches become very straggling. Good gun-stocks are made from the old wood.

HOG PLUM — *Spondius Mangifera* — Amra. This is a large tree, which flowers at the commencement of the hot season. The fruit, when ripe, is about the size of a small egg. It is eaten raw; pickled; put into curries; and made into tarts. The trunk of the tree gives out during the hot weather large quantities of juice, which hardens into a mild gum. It grows easily, and requires little care when once planted.

HORSE-RADISH TREE—*Hyperanthera*—Mooringa. This tree is to be found in the jungles, as well as in gardens. The

long pods when green are made into curries, and the young roots, seraped, used as a substitute for our English horse-radish. An oil is obtained from the seed; it also yields a gum.

**JAMOON, or JAMBOOL**—*Eugenia Jambolania*. This is a large and handsome tree; flowers in February and March, and thrives in any good soil. The fruit of the best sort is as large as a common blue plum, which it resembles in appearance; it has a rough astringent flavour, and should be soaked in salt and water before it is eaten. The fresh stone, when planted, grows immediately.

**KARAY PAUK** — *Begera Kænigii* — Kodia Neem. This tree is cultivated in most gardens, the leaves of which are used in curries by the natives. It is very common on the Mahableshwar hills, but does not grow to any size there. It has very much the appearance of the neem.

**KUMRUCK**—*Averrhoa Carambola*. See *Bilimbi*, page 550.

**KURUNDER**—*Carissa Carandas*. A large thorny bush. It grows wild in most parts of the Deccan, bearing dark-blue-coloured berries when ripe, which are sold in the bazar. There is also a sort cultivated in gardens. The fruit, when ripe, is sometimes eaten by Europeans, but in its green state is made into tarts, jellies, and pickles: the jelly is considered inferior to none made of other Indian fruits. The wild sort is pickled and sold by the natives for the same purpose.

**LEICHEE**—*Scytalia Litchie*. This tree, originally from China, is an evergreen, and grows to a large size. The fruit is of a dark brown colour, and contains a glutinous, yellow, sweet sort of pulp. It is not much prized—perhaps from its inferior quality to the Chinese fruit, which is much esteemed. The fruit ripens in March and April.

**LEMON**—*Citrus Lemona*—Neemboo. There are so many varieties of this that it is unnecessary to describe them separately. The large and small yield abundance of acid juice, and the tree is easily cultivated by layers, which soon throw out root-fibres. The lime, which is of the smaller

description, does not bear fruit so quickly as the larger sort ; but, if carefully pruned and watered, will continue fruiting all the year round, and be very productive.

**LIME, SWEET**—*Meeta Neemboo*. This is a sweet variety, and grows to the size of a large orange. It is easily propagated by seed. The juice of the fruit is very grateful to persons with fever, although rather tasteless. It will grow also from cuttings and seed. The young shoots make a very good stock for orange grafts.

**LOQUAT**—*Meopilus Eriobotryna Japonica*. This tree is now introduced all over the Deccan, and bears fruit twice in the year. It is highly esteemed, both for dessert and preserves. It is a native of China, but grows in great perfection in New South Wales. The finest fruit is produced at the second crop at the end of the cold season, and requires protection day and night—from birds in the former, and flying-foxes in the latter. The fruit is of a yellow colour, with thin skin and sweet acid pulp, and one or two seeds in the centre, sometimes more. The seeds grow early. Proper attention does not seem to have been given to this fruit, as it appears to be capable of great improvement.

**MANGO**—*Aum*. Is a highly esteemed fruit, and may be procured twice in the year ; but I have never met with any trees bearing two crops in the Deccan,—only in Bombay.

*Propagation* may easily be effected by seed, cuttings, &c., but the first process is slow, as the tree thus raised will not bear fruit before the fifth or sixth year, whereas those that are grafted produce in the second or third, although it is injurious to the tree to let it bear so early, and I therefore recommend that the blossoms should be removed. Young grafts will sometimes, indeed very often, blossom the first season they are removed ; and if allowed to bear fruit, it checks them for a length of time after. A mango graft may be applied at any time of the year. The stock must be kept continually moist by watering. When the graft and stock



have become united, the former must be partially divided by a notch, with a sharp knife; this may be done after six weeks have elapsed from the time of its first being united: a second cutting may be effected a fortnight later, and the complete removal from the parent tree at the expiration of nine or ten weeks. After this remove the graft into the shade for a fortnight longer, when it may be put into the spot where it is to remain. A graft tree never attains the size of a seedling, neither will it continue to live or bear so long, and I doubt much if the seed of a graft mango would produce the same fruit, whereas a seedling often does so. The time that a seedling takes to produce fruit is the great objection to this mode of rearing trees, nevertheless a young tree of three years' old might have one of its branches brought into blossom by ringing; this would enable the cultivator to judge if the tree was worth preserving or not. The fine-flavoured sorts of mango grown in Western India are the Alphonso, Raspberry, Mazagon, Doriah, and Malgrobah; this latter species is of a greenish tinge inside when ripe, and by far the largest of the whole, being three times the size of an Alphonso, and it ripens the last.

*Culture.*—When the graft is planted out it requires only a moderate proportion of care, clearing the ground of all weeds, and removing any buds that show themselves. Within the space from the ground to where the first branches are to rise from, all superfluous and weak shoots should be removed more particularly those from the centre of the tree, as also all branches that trail on the ground, unless required for grafting. The tree is better for being pruned; and whenever the interior of the tree may contain superfluous branches, or when there is not sufficient room for the growth of the young and fruit-bearing shoots, a clear space must be provided; and this can only be done by pruning. The best time for this operation is soon after the tree has done bearing fruit. No old and decayed wood should be allowed to remain, and

great care should be taken to remove the borer\* on its first appearance, should it indicate its presence by the appearance on the bark. When trees are old, and have their bark injured, it must be all cleared away, and the parts covered with the composition recommended for that purpose.

I have been favoured with the following information from a friend at Aurungabad:—Take slips from the healthy branch of a mango, at least two feet long, taking care to cut it one inch above the joint at the top, and the same below the joint at the bottom. The cuttings will not all be equal, as in some branches the joints are short and in others long. The thickness of the slip is to be from three-quarters to three inches in diameter. Half the length of the slip is to be slightly punctured with an awl, and then inserted into the ground to that depth (half of the slip) perfectly perpendicular, and then make a knob at the top of the slip with plain cowdung. The cuttings must be well watered in such a manner as to keep up an uninterrupted moisture in the ground; and moreover the cuttings are to be well shaded, and the coverings only to be removed by degrees as the plants attain leaves and strength, and not to be transplanted on any account until the next monsoon. The slips generally begin to bud within a month, but sometimes take a much longer period. In all cases the punctures are indispensably necessary to admit of root fibres being thrown out from them.

The tree and fruit may both be improved, if, during the cold season, the ground is dug all round the roots, and a suitable quantity of good old manure added. The seed will only grow when fresh, and seldom after six weeks. From twenty to twenty-four feet of space should be allowed between each tree if a graft; double the space is required for a seedling.

MANGOSTEEN—*Garcinia Mangostana*. This tree has been

\* See observations on the Apple, page 548.

introduced from Singapore into Bombay, but the fruit has never been brought to any perfection; probably if grafted on the Brindoa, which is common in the Concan (and several trees are found in Bombay), it might be much improved. I have been informed by a friend that the Mangosteen ripens (and is equal to the Penang fruit) in the Company's spice gardens on the hills near Courtallum.

MANGOSTEEN, WILD — *Garcinia Purpuera* — Kohum Brindoa. This is an elegant tree, and found in the Concan along the Malabar Coast. At Goa, the fruit is used for jellies and syrup; it is of a smooth dark brown colour outside, and of a most beautiful purple inside, and an agreeable flavour. The tree grows to thirty feet high, conical shape, with dark green shining leaves. There are several in Bombay; two in a garden at the top of Nesbit Lane, Byculla.

MULBERRY.—White, *Alba*; Red, *Morus Indica*; Black, *Nigra*. These trees grow equally well in the Deccan, the white growing to a very large tree, shedding its leaves before the hot season. The red mulberry bears fruit in the rains, as well as the black. Silk-worms may be fed on the young fresh leaves, although the leaves of the white are preferred. It grows from seed or cuttings.

NUTMEG—*Myristica Moschata*—Japhul. I have only met with this tree in Bombay, where it has been introduced from the eastward. The fruit ripens in the rains; it is the size of a large plum, with a green covering, and upon being opened discloses a network of a dark red colour surrounding the nut, which has a most beautiful appearance: this is the spice known as mace.

“The first care of the cultivator is to select ripe nuts, and to set them at the distance of a foot apart in a rich soil, merely covering them very lightly with mould. They are to be protected from the heat of the sun, occasionally weeded and watered in dry weather every other day. The seed-

lings may be expected to appear in from thirty to sixty days; and when four feet high, the healthiest and most luxuriant, consisting of three or four verticles, are to be removed in the commencement of the rains to the plantation (previously cleared of trees and underwood by grubbing and burning their roots), and placed in holes dug for their reception at the distance of eighty feet from each other, screening them from the heat of the sun, and violence of the winds. They must be watered every other day in sultry weather, manured once a year during the rains, and protected from the sun until they obtain the age of five years. The nutmeg-tree is monocious as well as dioecious, but no means of discovering the sexes, before the period of inflorescence, is known. Upon an average the nutmeg-tree fruits at the age of seven years, and increases in produce till the fifteenth, and is said to continue prolific for sixty or eighty years. Seven months in general elapse between the appearance of the blossom and the ripening of the fruit; and the produce of one bearing tree with another, under good cultivation in the fifteenth year, may be calculated at five pounds of nutmegs, and a pound and a quarter of mace. It bears all the year round, but more plentifully in some months than others, and generally yields more abundantly every other year. It is necessary that the roots of the trees during their growth should be kept well covered with mould, for they have a tendency to seek the surface. The growth of the lateral branches is to be alone encouraged, and all suckers or dead and unproductive branches are to be removed with the pruning-knife, and the lower verticles lopped off, with the view of establishing an unimpeded circulation of air."—*Penang Gazette*.

OLIVE—*Olea Sativa*—Julpie. This is cultivated in some of the upper parts of Bengal, but is of a very coarse description. I am informed it is also pickled.

OLIVE, INDIAN—*Olea Dioica*—Atajam, or Julpie. This

tree is common ; it grows to a large size, and bears fruit about the size of the common Spanish olive. The stone is not by any means hard, and the fruit is eaten by the natives in curries, and also pickled in salt and water ; it is not much esteemed by Europeans.

ORANGE—*Citrus Aurantium*. This tree is now extensively cultivated all over the Deccan. The finest sorts now are the Cintra, Cowlah, and a small sweet orange which grows on a tree more like a creeper. The principal method of culture is by budding, the stocks generally being either seedlings or cuttings from the sweet lime. The best Cintra, with a thin close rind, is produced upon a seedling stock, and it is said that the fruit grown upon the sweet lime stock is generally loose and soft ; that is very perceptible with some of the oranges. The best time for budding is in the cold season.

PANEOLA PLUM—*Flacourtia Cataphracta*. This fruit is generally cultivated about Calcutta, and grows to the size of a common plum ; it resembles a gooseberry in appearance, the skin thin and shining, and of a purple appearance. The tree is not common on this side of India, and only one or two are to be found in Bombay. The fruit is not so large as I have seen in Calcutta, where it is common during the rains ; it contains from ten to twelve seeds, and is both palatable and wholesome, and well worthy of more general cultivation. The tree grows to a large size.

PAPAW TREE—*Carica Papaya*. This tree is common in every garden, and the fruit, which is formed like a melon, grows in clusters one above the other close to the stem. The small black seeds have the taste of water-cress, and the fruit just before ripening makes an excellent tart, if mixed with a portion of lime-juice, sugar, and a few cloves ; it resembles apples so nearly that it may be, and is, substituted for the sauce of the latter fruit. The tree grows easily from seed, and only requires a deep good soil. It is said that



if meat is hung under the tree it becomes tender ; the green fruit is put with meat when boiling for the same purpose.

PEACH—*Amygdalus Persica*—Shuft Aloo. There are but three varieties of this fruit which I have met with in the Deccan : a large round white sort, of a delicious flavour ; the flat China ; and a small thin-skinned description, more resembling an apricot in appearance, and much harder than the other. The peach is easily cultivated by seed or layers. A seedling will throw out blossom in the second year, and be ten or twelve feet in height. It requires to be carefully pruned, wintered, and watered.

No branches should be allowed to grow on the stem closer than three feet from the ground. All spurious and misplaced shoots should be rubbed off before gaining strength to exhaust unnecessarily the juice of the tree, and all distorted leaves—the work of insects, parasitic plants, mildew, &c.—should be picked off and destroyed.

The kernels of the peach should be carefully removed from the shell, and in no ways injured if required for planting. They should be sown in small beds at the commencement of the rains, about eighteen inches apart ; and as soon as they are fit for removal, a good-sized ball of earth must be taken up with the roots to preserve the root-fibres from injury. All the buds around the stem had better be rubbed off by the fingers as far as requisite, and a proper shape be given to the tree by cutting out the superfluous spurs and their branches. The time for opening the roots of the peach is after the close of the rains. Remove the earth with care, so as not to injure the roots, for a space of three feet round the stem ; pull off all the leaves, and cease to water the tree until the blossom-buds appear ; then cover up the roots with good loam, mixed with old rotten manure, and water freely every third or fourth day until the fruit begins to ripen, when you must be guided by circumstances. It is necessary sometimes to thin the fruit, and also to put the peaches, as

they begin to ripen, in bags, otherwise the birds will pick and destroy the fruit.

Peaches first come in about February, and with care may be continued until the rains commence, after which the excess of moisture received by the leaves and roots causes the fruit to swell and burst.

PEAR—*Pyrus Communis*. This tree is not common. I have met with a few at Hyderabad bearing a tolerably large-sized coarse fruit; but, as the trees had been neglected, I can give little or no account of them: care, perhaps, might render them fit for baking and stews. In the upper provinces of Bengal, I have seen the fruit of a large size, but very coarse and hard; indeed, all that could be said about them was that they were pears, and shown accordingly.

PINE-APPLE—*Bromelia Ananas*. Though growing so easily and without care in many parts of India, they require great attention to rear in the interior. At Hyderabad they seem to be quite acclimated, and produce as fine fruit as is ever to be seen on the coast.

*Propagation* is performed by planting the tops or offsets. They will produce fruit in the second year.

*Soil*.—The soil should be, if procurable, rich red earth loam, and the manure cannot be too strong. Pigs' and pigeons' manure, mixed with goats,' forms a most excellent compost.

*Culture*.—The plants, after removal from the nursery bed, should be put out in rows two feet asunder, and the rows the same distance apart, which will be found quite sufficient: the rows must be well worked and dug, adding the manure. The plant, when large and promising to bear fruit, should immediately after the rains, in the latter end of October, be taken up, and the root (which will be nearly as long as the plant, having fibres at the end) may be cut off with a saw: supposing the root to be eighteen inches, one foot may be removed. It is round the edge of the cut root that root-

fibres spring ; and the greater the number of these fibres, the better chance of large and fine fruit. The superfluous leaves near the cut end must now also be pulled off ; then the plant is ready for being put into the rows again, which have been previously well manured, and a good watering given. The plants must be watered regularly after this ; only avoid, if possible, the water getting between the axilla of the leaves, as it makes them rot and decay in the centre. I found this the case with pines that I removed at the commencement of the rains ; the plants, not having any root-suckers to nourish them, decayed in consequence of water remaining between the leaves. Plants that are put out in October and November will bear fruit in May and June. Some gardeners are in the habit, when the pine fruit is half grown, of cutting off the top, with a view to throw all the nourishment into the fruit, thereby increasing its size. This may be all very well with early pines ; but if they do not ripen before the rains set in, the water lodging in the cut crown will cause it to decay like the plant. This might be prevented by having waxcloth covers, of a conical shape, to put over the fruit when rain is apprehended : but I prefer letting the crowns remain. The stem producing the fruit should be removed when the fruit is cut, and new shoots encouraged. All offsets, when the plant is fruiting, must be removed, so as to give the fruit all the nourishment possible.

When trimming the plants, the extremities of the root which have been cut off ( if planted in a nursery bed about eighteen inches asunder, the end an inch above the ground ) will give fresh shoots, and form a good nursery of plants for the following season.

**PISTACHIO**—*Pistacia Officinarum*. The nut of this tree is brought from Bussorah in great abundance, and I have succeeded in growing plants from it. The trees are male and female, consequently should be grown in clusters or pairs. The leaves are deciduous, and for several months the

trees look very bare. It is by no means a handsome plant. I first soaked the nuts in water, and when they split at the end, put them into boxes filled with earth : almost all grew, and were given away.

PLANTAIN, or BANANA—*Musa Sapientum*—Kilah. There are several varieties of the banana cultivated in the Deccan—the large red, the green, and the yellow. A small sort, which is supposed to be the real banana of the West Indies, is perhaps the most luxuriant of the whole. The plants blossom at all seasons ; and as soon as the drupe of fruit begins to ripen, which is known by some of them changing colour, it is cut and hung up to ripen in the house. The plant will not bear again, and may be cut down (otherwise it will perish of itself), when the surrounding shoots grow up and blossom as the former. The plants are generally grown in beds or clusters in a good rich soil, when fine fruit is almost the sure return. In transplanting the shoots, if two or three feet high, a portion of one-half is generally cut off.

PLUM, COMMON—*Prunus Triflora*—Aloo. This tree has been brought from the upper provinces of Bengal, and seems to be acclimated at Hyderabad. The fruit, which is of a dark purple when ripe, and about the size of a common bullace at home, has the flavour of that fruit. It does not seem to require wintering like the peach, but throws out its blossoms after the rains, and continues to blossom and bear fruit at the same time, and very abundantly. To secure fine fruit, the superfluous green ones must be removed, by which means I have seen some very tolerable sized plums produced. I never succeeded in budding it on the peach, but it takes readily by approach on the peach stock, and may be removed in six weeks or two months from the parent stem.

POMEGRANATE — *Punica Granatum*—Anar. There are two varieties of this tree, bearing white and red fruit, both sweet, but much inferior to the dried kinds brought from Persia and Bussorah to the Bombay market. The tree grows

easily from seed; and large, fine juicy fruit, where the soil is good, is often produced. There is a variety, generally sour, which is used by the natives for sherbet. The dried bark of the root is made into a decoction and given for worms.

PUMPLENOSE, or PUMMELO—*Citrus Decumana*—Chocotra, or Batabee Neemboo. This is the largest of the orange tribe and is universally cultivated in all gardens. The varieties are red and white, the former being preferred by some persons. The tree grows to a large size in a rich soil, and requires a good deal of pruning; the best time for doing this is when the crop of fruit is off. Fruit as fine as any I have ever met with was produced at Ellichpoor from the seed of a pumplenose brought from Bombay. The tree, when planted, should have a space of twelve feet all round it. The blossom is used for flavouring sweetmeats.

QUINCE—*Pyrus Cydonia*—Behu, or Safferjal. This tree has probably been introduced from China or Bengal, and is now to be met with in many gardens. It grows like the apple. The fruit is plentiful at Sattara, and I have met with it in Poonah. I have seen the tree in blossom in other parts of the Deccan, but the fruit did not set—perhaps for want of proper treatment.

RASPBERRY—*Rubus Pauciflorus*. I merely mention this fruit, as the common blackberry is often mistaken for it. I have never seen the raspberry in any part of the Deccan. A wild plant is described by Graham as being found at Mahableshtar.

RED SORREL PLANT—*Hibiscus Sabdariffa*. This is the red sorrel plant of the West Indies, and introduced from the Mauritius. It is easily grown from seed at the commencement of the rains; and when about six or eight inches high, should be planted out in beds or rows. The soil, if light and good, will cause the plant to thrive and form a bush four or five feet high. The plants should have at least,



in such soil, a space between each of four feet. The fruit, when ripe, makes most excellent jellies and tarts.

There is a white variety, which also grows to the same size, and the leaves are used, on account of their acidity, in curries by the natives. Bandycoots are very fond of the fruit, and will destroy the whole bush to get at it.

ROSE-APPLE—*Eugenia Jambosa*—Goolab Jamb. This tree bears a light whitish-yellow fruit, pear-shaped, with smooth skin, having a rose flavour. It is commonly cultivated in gardens about the coast. The only part of the Deccan where I have met with the fruit is Hyderabad. Many attempts have been made by myself and a friend to introduce it elsewhere, but without success. It is easily propagated by seed, and will grow in a moist soil, with only common care.

There are only, I believe, two sorts—red and whitish-yellow—both possessing the same flavour. The red is called the Jambo Malacca.

SALEP—*Orchis Mascula*. This plant is found on the Mahableshtar hills. It blossoms in June, and the roots are dug up and gathered after the rains in November or December. Another variety is found in the hills and jungles near Kandesh, but possessing a very bitter principle. It is dug up by the Bheels, and sold, when fresh, for a few pice the seer. It requires a great deal of soaking and preparation before it can be deprived of its bitter quality. When dry, it is in appearance as fine as the Persian. It requires being boiled in at least six different waters, and then dried in the sun, when it will become perfectly sweet, and fit for use.

STAR-APPLE — *Chrysophyllum Acuminatum* — Petukara. This tree grows to a large size—thirty feet or more. The branches are round; and the leaves have a ferruginous down upon them when young; the flower is of a pale yellow, and the fruit, which is about the size of a large crab-apple, ripens in October; the pulp is of a yellowish colour, and

firm inside, the outer rind being of a dark brown. It requires no particular soil. There are several of these trees in the Residency garden at Hyderabad.

**SAPOTA**—*Achras Sapota*. This tree I have only met with in Bombay ; but I have seen the fruit in December, brought from Goa, where no doubt it was introduced from China. The fruit is the size of a fowl's egg, with a dark-brown-coloured skin, and a yellowish pulp. The seed is large and soft, about the size of the rose-apple.

**SOURSOP**—*Annona Muricata*. This tree I have only met with in Bombay. It grows to about the same size as the bullock's heart. The fruit is of a greenish colour when ripe, and has a rough thorny appearance ; the flavour is very peculiar, differing from the other varieties of the anonica or custard-apple ; the scent resembles black currants ; the seeds are similar to the custard-apple. The fruit ripens in March. In the West Indies it is considered very cooling in fevers. It bears only once a year.

**STRAWBERRY**—*Fragaria*—Kuhuj, or Asasnoo. This plant multiplies itself from runners and suckers, the old plant throwing them out after it has ceased bearing. As soon as the rains have set in, these runners may be removed into a nursery bed, so as they can be more easily looked to, and should have a space of nine or ten inches allowed between them. They will throw out other runners, the whole of which may be separated and transplanted at the proper season.

*Soil*.—They thrive best in a light soil, with good old stable and vegetable manure at first. When they show a disposition to flower, they may have old manure of goats or sheep added around each plant, a couple of double-handful being sufficient.

*Culture*—In no part of the Deccan should plants be put out for fruiting before the close of the rains ; the latter part of September being quite early enough. Suckers that I

planted for experiment at the commencement of August grew to very fine bushes, and did nothing for ten or twelve weeks but throw out suckers, which were continually removed, and after all fruited badly. The finest and most prolific crops were got from suckers put out in the beginning of October. Some strawberries were gathered in November from the plants put out in August, but they were so few as in no way to induce me to try the experiment again. Varieties can only be procured from seed; and to procure the seed select the finest ripe fruit, rub it on a sheet of paper, and dry it. When the rains commence, soak the seed in water; reject all that floats; the remainder sow in baskets in a light loam; the plants will be fit to remove in about six weeks, and should be put in other baskets, four or five inches apart, and taken care of until ready to be transplanted into beds, where they are to remain. As these plants throw out suckers very fast, they must be constantly looked after and removed, unless you have a scarcity of plants. They will commence bearing in six months from the time of sowing the seed.

As soon as the rains have ceased, you may put your rooted suckers into square beds, each not less than one foot apart, five in a row; this will give you twenty-five in each bed—as many as can be easily looked after and gathered without trampling on the bed and thereby injuring the plants. When the earth is of a clayey consistence, I have seen the strawberry cultivated on ridges. Some think this is a good plan: but I prefer the beds; however, it can be easily tried. It is sometimes necessary, in consequence of flooding the beds, to put tiles under the fruit to keep it clean, but it also attracts the notice of the birds; if straw or grass is used, then the chances are that white-ants destroy your plants. This it is that makes some persons prefer the ridge system of growing, as they say the fruit is cleaner in consequence. All I know is that fine fruit may

be grown either way. If on ridges, the same distance must be allowed between the plants as in beds, and even in the latter the plants may be put on raised cones of earth. The common vegetable manure is all that is required at first, until near flowering, when a handful or two of goats' or sheep's dung should be put round the plant, opening the earth and scraping it together. Water during the evening and very early of a morning.

TAMARIND — *Tamarindus Indica* — Imlee, or Imbelee. This tree is too well known to need any description here. The red tamarind, which is scarce, is the most valuable.

WALNUT—*Aleurites Triloba* — Akhrot. This species grows to a very great size. It has large leaves, three or five lobed, and bears a fruit resembling in appearance the English walnut. The kernel is sweet flavoured, but is considered unwholesome. The natives extract an oil from it, and say that the fruit must be kept for one year, when it may be eaten. Very common about Hyderabad.

WAMPEE TREE—*Cookia Punctata*—Ooampèch. This bears a rough-skinned fruit in April and May, which grows in clusters, containing a sweetish acid juice, resembling black currant in flavour. It grows to a large tree, and has very dark green shining leaves. Rather ornamental, and requires very little care.

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